



COVID-19 ISOLATION GUIDE

For schools, child care, and youth programming

What to do if you are experiencing symptoms of COVID-19* or have tested positive for COVID-19 (regardless of vaccination status or symptoms)

If you have COVID-19 symptoms:



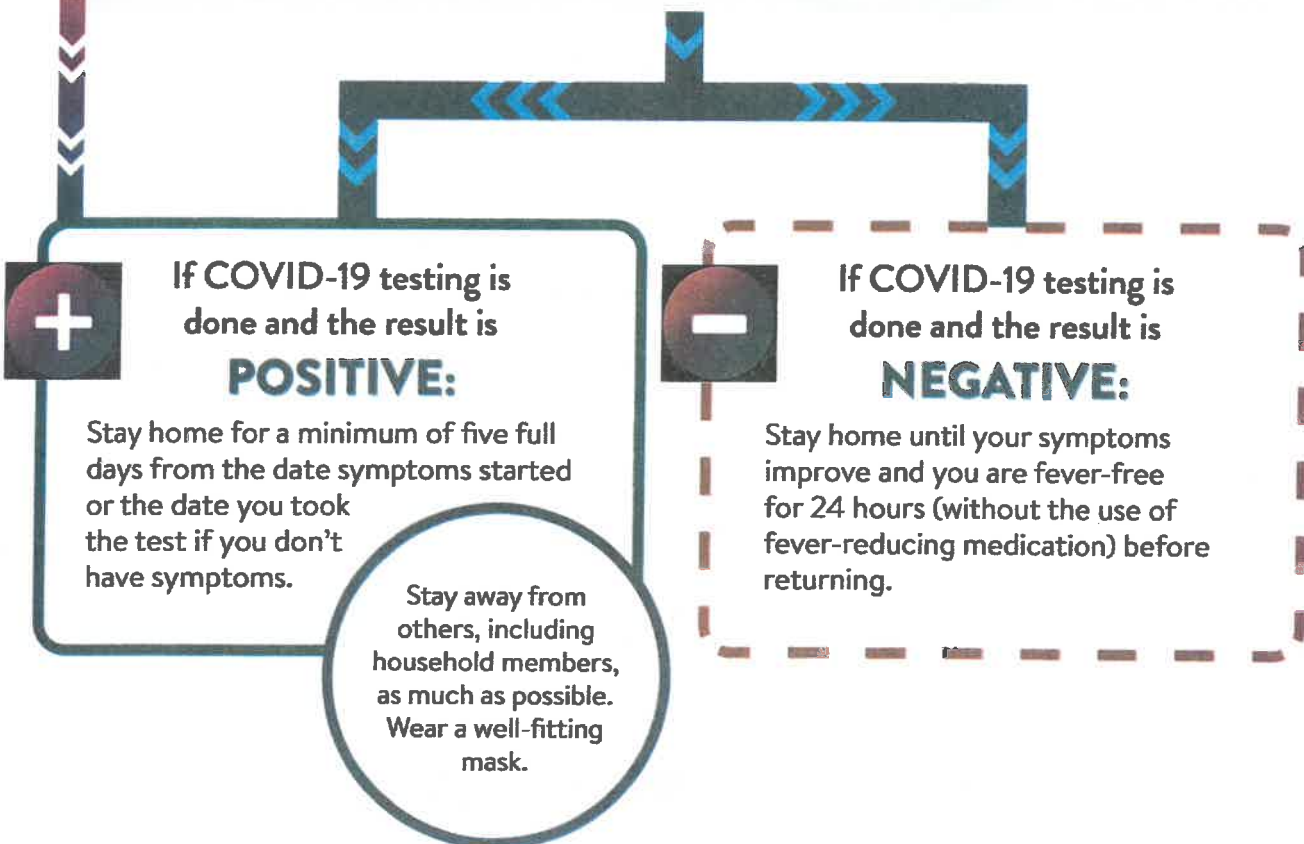
Stay home.



COVID-19 testing is strongly encouraged, especially if you are at high risk for severe disease, if symptoms continue or worsen, if you develop additional symptoms, if you have been exposed to someone with COVID-19, or if COVID-19 transmission is elevated in your area.



If you do not get tested, follow instructions below as if you had tested positive for COVID-19.



*CDC COVID-19 Symptoms (www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

After five days of isolation at home:

Have your symptoms improved and have you been fever-free for 24 hours (without using fever-reducing medication)?

NO:

YES:



Continue to stay home and away from others until **symptoms improve and you are fever-free for 24 hours** (without using fever-reducing medication).



Return to school or program. Continue to wear a mask when around others, including those in your household, for another five days.

Once both are true, return to school or program and continue to wear a mask when around others, including those in your household, until 10 days have passed since your isolation began.

“Improved symptoms” means that a person no longer feels ill; they can do their daily routine just as they did before they were ill, and any remaining symptoms, such as a cough or runny nose, are very mild, or infrequent.



*If refusing to wear a mask; test on day 6 & 8. Must have two negative results to return. * Day in between testing*

People who are under 2 years old and others who are unable to wear a well-fitting mask should stay home for at least 10 full days from when they first felt sick or, if no symptoms, from the day they got tested.



For additional information:

[If You Are Sick or Test Positive: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html)

