



COVID-19

Quarantine and Isolation

Updated Jan. 9, 2022



Quarantine

If you were exposed

Quarantine and stay away from others when you have been in close contact with someone who has COVID-19.



Isolate

If you are sick or test positive

Isolate when you are sick or when you have COVID-19, even if you don't have symptoms.

When to Stay Home

Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. Learn why CDC updated guidance for the general public.

IF YOU

Were exposed to COVID-19 and are **NOT** up-to-date on COVID-19 vaccinations

Quarantine for at least 5 days

Stay home

Stay home and quarantine for at least 5 full days.

Wear a well-fitted mask if you must be around others in your home.

Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

After quarantine

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

IF YOU

Were exposed to COVID-19 and **are up-to-date** on COVID-19 vaccinations

No quarantine

You do not need to stay home **unless** you develop symptoms.

Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

IF YOU

were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

No quarantine

You do not need to stay home **unless** you develop symptoms.

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

IF YOU

Tested positive for COVID-19 or have symptoms, regardless of vaccination status

Stay home for at least 5 days

Stay home for 5 days and isolate from others in your home.

Wear a well-fitted mask if you must be around others in your home.

Ending Isolation if you had symptoms

End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

Take precautions until day 10

Wear a mask

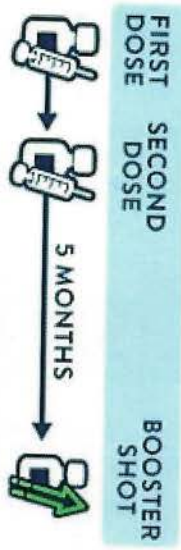
Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

GET A BOOSTER SHOT WHEN YOU ARE DUE.

STAY SAFE MN

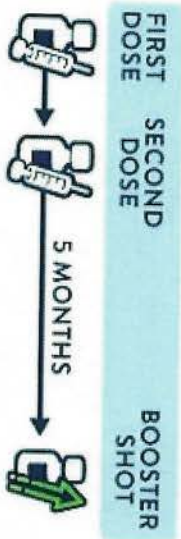
If you got PFIZER VACCINE

✓ Everyone 12 and older should get a booster shot 5 months after their second dose.



If you got MODERNA VACCINE

✓ Everyone 18 and older should get a booster shot 5 months after their second dose.



If you got JOHNSON & JOHNSON VACCINE

✓ Everyone 18 and older should get a booster shot 2 months after their single dose.



'Mixing and matching' COVID-19 vaccine boosters

- Adults 18 and older can choose their COVID-19 booster, regardless of what vaccine they originally received. Pfizer or Moderna vaccines are preferred over Johnson & Johnson vaccine.
- 12-17 year olds who got the Pfizer vaccine should get a Pfizer booster shot.

