

# Quarantine Guidance for People who are Contacts of a COVID-19 Case

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This guidance is for people in Minnesota to understand how to implement the Centers for Disease Control and Prevention (CDC) updated recommendations for quarantine. Information can be found at [Close Contacts and Tracing: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/close.html\)](http://www.health.state.mn.us/diseases/coronavirus/close.html).

Quarantine – or separating oneself from others – is recommended for people who have been exposed to a person with COVID-19. Since people with COVID-19 become contagious before symptoms start or may have no symptoms at all, quarantine is an important way to keep COVID-19 from spreading. To protect family, other close contacts, and the community, a person who has been exposed to a person with COVID-19 must stay home and away from others (quarantine), get tested, and watch themselves for symptoms, such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell.

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## Who needs to quarantine?

- People who were within 6 feet of someone contagious with COVID-19 for 15 minutes or more, including people who live in the same household.
- People who had direct physical or intimate contact (e.g., kissing, hugging, other types of physical contact) with a person who is sick with COVID-19.
- People who provide care for a person who is sick with COVID-19 at home.
- People with direct exposure to respiratory droplets from a person contagious with COVID-19.
- People who have traveled outside of Minnesota where quarantine is recommended by EO 20-99 (e.g., quarantine recommended for travel other than crossing borders for work, study, medical care, or personal safety and security). See [Frequently Asked Questions about Executive Order 20-99 \(https://mn.gov/covid19/assets/eo-2099-faq-20201123\\_tcm1148-455280.pdf\)](https://mn.gov/covid19/assets/eo-2099-faq-20201123_tcm1148-455280.pdf) for more information.

## How to quarantine

- Stay home for 14 days. This is the best strategy to minimize the spread of COVID-19 to others.
  - Do not go to work, school, or any other place outside the home.
  - In some specific situations, there may be options to shorten the quarantine period. See **Options to reduce quarantine in specific situations** below.
- Separate from other people in your home and monitor for symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell. If symptoms develop, contact a health care provider and get tested for COVID-19.
- Stay away from people who are at high risk for getting very sick from COVID-19, including older adults, those living in long-term care facilities, and people with health conditions like asthma, diabetes, heart disease, liver disease, severe obesity, and weakened immune systems.
- Get tested for COVID-19 no earlier than 5 to 7 days after the exposure, even if you do not have symptoms. If test results are positive, follow recommendations on [Information for Confirmed Cases and Contacts \(www.health.state.mn.us/diseases/coronavirus/cases.html\)](http://www.health.state.mn.us/diseases/coronavirus/cases.html).
- When quarantining at home, you must make sure to:
  - Stay in a specific room and separate from others in the home. Use a separate bathroom, if available.
  - Wear a facemask if other people are around.
  - Cover your mouth and nose with a tissue when coughing or sneezing.
  - Wash hands thoroughly and often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol.
  - Avoid touching your face with unwashed hands.
  - Avoid sharing personal household items such as food, dishes, drinking glasses, cups, eating utensils, towels, or bedding. After using these items, wash thoroughly with soap and water.
- Avoid using public transportation, ridesharing (such as Uber or Lyft), or taxis.

## How long to quarantine for COVID-19

### A 14-day quarantine period is recommended in any of the following situations:

- The person lives in the same household and is a contact of a case.
- The person lives or works in a congregate living situation including a long-term care facility, correctional facility, homeless shelter, or other setting where people cannot quarantine individually and where they can expose multiple people, including those at high risk of severe disease.
- The person works in a health care setting, see: [COVID-19 Recommendations for Health Care Workers \(www.health.state.mn.us/diseases/coronavirus/hcp/hcwrecs.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/hcp/hcwrecs.pdf).

## Options to reduce quarantine in specific situations

A 14-day quarantine *remains* the CDC's recommendation for the greatest protection against spreading virus that causes COVID-19, SARS-CoV-2. However, CDC has reviewed data and modeled the impact of a number of options for shortening quarantine.

Because people can develop COVID-19 up to 14 days after an exposure, any quarantine shorter than 14 days might lead to increased spread of the virus in the community. However, in some situations quarantine can negatively affect income, education, and other health conditions of exposed people. CDC provides options to reduce the length of quarantine for state health departments to consider. These options are to balance reducing the impact on people and society with the potential for the virus to spread. Reducing quarantine and the impact on the person is also expected to increase compliance with recommended quarantine duration.

CDC has published additional detail on reduced quarantine, including estimates of the post-quarantine transmission risk, on their website.

- [CDC: Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing \(www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html\)](https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html)

### A shortened quarantine period may be considered in the following situations:

- The person had a one-time exposure to a case of COVID-19 that is not a household contact.
- The person does NOT live or work in a high-risk setting, including a long-term care or assisted living facility, correctional facility, shelter or other congregate living facility.
- The person does NOT work in a health care facility.
- People who have traveled outside of Minnesota where quarantine is recommended by EO 20-99 (e.g., quarantine recommended for travel other than crossing borders for work, study, medical care, or personal safety and security). See [Frequently Asked Questions about Executive Order 20-99 \(https://mn.gov/covid19/assets/eo-2099-faq-20201123\\_tcm1148-455280.pdf\)](https://mn.gov/covid19/assets/eo-2099-faq-20201123_tcm1148-455280.pdf) for more information.

In these situations, quarantine may be shortened to:

- 10 days without testing; or
- 7 days with a PCR negative test AND the test occurred on day 5 after exposure or later.

After stopping quarantine:

- Wear a mask, stay 6 feet from others, wash hands, and avoid crowds or settings with people who are at risk of severe illness from COVID-19.
- Watch for symptoms until 14 days after exposure. If any symptoms occur, isolate from others right away and get tested.

## Determining date that quarantine ends

To determine when the quarantine period will end, identify the last date of exposure to someone with COVID-19. This is considered day zero. The next day is the first full day of quarantine, or day one. People are able to resume normal activities the day after their quarantine period is completed.

- A 14-day quarantine means the person can resume activities on day 15.
- A 10-day quarantine means the person can resume activities on day 11.
- A seven-day quarantine means the person can resume activities on day eight.



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