



COVID-19 Guidance

If you have had a COVID-19 Exposure

COVID-19 Exposures:

No quarantine required for exposures outside of the home, unless symptoms are present.

- If symptoms develop, they must be improved (mild/infrequent) before return *and*
- A negative COVID-19 test is required to return.

For exposures *in the home* (COVID-19 positive person not able to completely isolate):

- If vaccinated, no quarantine required
- If unvaccinated, stay home for 5 days. May return on day 6 with a negative COVID-19 test if no new symptoms are present.
- If symptoms are present, may return after day 5 of symptom onset with a negative COVID-19 test and when symptoms improve (mild/infrequent).

If you have a confirmed case of COVID-19

COVID-19 Infection:

For confirmed COVID-19 cases:

- Stay home for 5 days and until symptoms are improved.
- May return on day 6 with a negative COVID-19 test if symptoms are improved (mild/infrequent).

If you have any of these symptoms,
STOP!



Fever



**Difficulty
breathing**



**Loss of
taste or smell**



Muscle pain



**Nausea, diarrhea,
or vomiting**



Chills



Cough



**Runny nose
or congestion**



Sore throat



Headache



Fatigue



COVID-19 TESTING RECOMMENDATIONS

Situation	Recommendation
Symptoms of COVID-19	Get tested right away, even if you have been vaccinated and/or had a prior COVID-19 infection.
Close contact or Exposure	Get tested five full days (on day six) after you were around someone with COVID-19.
Attend indoor event or gathering	Test on the day of an indoor gathering or event, as close to the time of the event as possible, especially if you will be around people who are immunocompromised, at risk of severe disease, or older adults. Do not attend a gathering if you have symptoms of COVID-19, regardless of the test result. Following any event, test immediately if you develop symptoms. If you had close contact with someone with COVID-19, test five full days after the event (test on day six).
Around high risk or immunocompromised person	Consider getting tested before you spend time with them and consider wearing a mask when around them.
People who are immunocompromised	Talk to your health care provider.

Travel*	Before travel	After travel
Domestic travel	Consider testing as close to departure and return flights as possible but no more than 3 days before travel.	Get tested after travel if you were in situations with greater risk of exposure to COVID-19 (for example, being in crowded places while not wearing a high-quality, well-fitting mask).
International travel**	Consider testing as close to departure and return flights as possible but no more than 3 days before travel.	Get tested 3-5 days after travel.

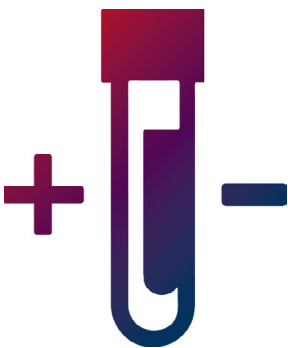
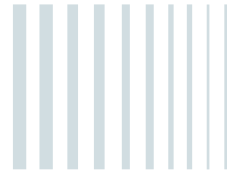
*CDC recommends that travelers are up to date on all recommended COVID-19 vaccines before travel. People who had confirmed COVID-19 in the past 30 days do not need to test unless they have symptoms. People with symptoms of COVID-19 should not travel.

** Some countries and airlines may require testing prior to travel. Check airline requirements and the requirements of your destination and any layovers before you travel.



What to Do While You Wait for a COVID-19 Test Result

If you take a COVID-19 test that needs to be sent to a lab, such as a PCR test, it may take several days to get your results back.



If you have any symptoms of COVID-19:

- Stay home and away from others (isolate).
- Start wearing a high-quality, well-fitting mask around others, even in your home.
- If your test result is positive, follow the public health recommendations on [If You Are Sick or Test Positive: \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](https://www.health.state.mn.us/diseases/coronavirus/sick.html).
- If your test result is negative, continue to stay home if you have symptoms or feel sick.

If you were exposed to COVID-19, but do not have symptoms:

- Wear a high-quality, well-fitting mask around others.
- If you get a positive test result, stay home and away from others (isolate). If you get a negative test result, continue to wear a mask and watch for symptoms for 10 full days after the last day you were near someone who has COVID-19. If you get symptoms, stay home and get tested again.
- For more information, visit [Close Contacts or Exposure: \(www.health.state.mn.us/diseases/coronavirus/close.html\)](https://www.health.state.mn.us/diseases/coronavirus/close.html).

COVID-19 HOTLINE: 1-833-431-2053

www.health.state.mn.us/diseases/coronavirus

mn MINNESOTA

STAY SAFE MN