

ISOLATION: needed when a person tests positive for COVID-19

Isolation period is 10 days:
If symptoms, first day person had symptoms is day 0
If no symptoms but tests positive, the day the test was taken is day 0

QUARANTINE: needed when a person is exposed* to someone who has tested positive for COVID-19

Quarantine period can range from 7-14 days with specific criteria in place - *see below for additional details on each possible quarantine period*
Definition of Quarantine: *do not attend work, school or other activities outside your home, do not invite individuals who do not live with you to your home*
As with isolation, day 0 is the date of exposure

Quarantine period: 14 days

A 14 day quarantine remains the CDC's recommendation for the greatest protection against spreading the virus
A 14 day quarantine is required if anyone living in the same household tests positive for COVID-19
***The 14 day period starts from the last time an individual comes in contact with the family member who is positive OR the 14 day period starts once the positive individual has completed the isolation period of 10 days if the individual is not able to separate themselves from the positive family member (total of 24 days in quarantine is possible)

Quarantine period: 10 days

A shortened quarantine of 10 days is possible if ALL of the following are true:
The individual has not had symptoms of COVID-19 during the quarantine period
The individual does not live with someone who has COVID-19
The individual knows when/where they were exposed
A negative test result is not needed for a 10 day quarantine if all of the above are true

Quarantine period: 7 days

A shortened quarantine of 7 days is possible if ALL of the following are true:
The individual has not had symptoms of COVID-19 during the quarantine period
The individual does not live with someone who has COVID-19
The individual knows when/where they were exposed
AND has a PCR-negative test *if* the test occurred on day five after exposure or later

*for clarification on when quarantine is needed, see the attached document from the Minnesota Department of Health, page 1 "Who needs to quarantine?"
All the information above can be reviewed in greater depth using this document and the MDH website. [Quarantine Guidance for COVID-19 \(state.mn.us\)](https://www.health.state.mn.us/diseases/covid19/quarantineguidance.html)