

## Quarantine/Positive Test Guidelines

### Quarantine and Isolation Protocols

M State will follow the guidance of the Minnesota Department of Health relative to how we handle positive test results and isolation and quarantine expectations for employees and students. The current requirements as set forth by the Minnesota Department of Health are:

- If a student or employee has a confirmed positive test result, regardless of vaccination status, they must isolate until all three of the below indicators have been met:
  - Isolate for 10 days since they first became ill, or were notified of a positive test
  - Symptoms have disappeared
  - Not had a fever for the last 24 hours, without fever-reducing medications
- If an **employee or student** is identified by the Minnesota Department of Health as a “Close Contact” or “Exposed Contact” they must follow the quarantine guidelines below.

People who are fully vaccinated or have had a confirmed case of COVID-19 in the past 90 days

- do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](#).
- should get tested 3-5 days after their exposure, even they don't have symptoms
- must wear a mask indoors in public for 14 days following exposure or until their test result is negative.

People who are not fully vaccinated or vaccinated with symptoms

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19.

MDH does now offer three different quarantine options based on your personal circumstances.

- MDH continues to recommend that individuals exposed to a positive case continue to quarantine for 14 days as the safest option.
- However, you may quarantine for 10 days rather than 14 days if you have not tested positive and you continue to monitor yourself for symptoms during days 11-14.
  - This change is an option as long as you do not live with anyone that has a current positive test. If you do, you must continue to quarantine for the full 14 days.
- A third, shorter option is also available for quarantining. You may consider returning from quarantine after 7 days but to do this you must have a negative test which was administered at least 5 days after your initial exposure. You must also continue to monitor your health through day 14 and get tested if you develop symptoms. Again, this does not apply if someone in your household has a current positive test and remains in isolation at the same residence as you.

Wearing a mask does NOT eliminate quarantine requirements.

MDH and Center for Disease Control (CDC) have defined a close contact or exposed contact as being within 6 feet of a positive case for 15 cumulative minutes over a 24-hour period.

Based on the Minnesota Department of Health guidelines, employees or students that are NOT identified as “close contact” or “exposed contact” of a positive case but are within the same classroom or work area do not need to quarantine but should continue to monitor themselves for symptoms. If they develop symptoms they should immediately quarantine and contact their medical provider for further guidance.