

FACT SHEET FOR SEVEN (7) DAY QUARANTINE



You may consider being around others after seven days only if:

- You get tested for COVID-19 at least five full days after you had close contact with someone with COVID-19, and the test is negative.
 - You must get a negative PCR test (saliva or nasal swab), not an antigen test or antibody/blood test. Home test kit results are not accepted.
- You have not had any symptoms.
- You have not had a positive test for COVID-19.
- No one in your home has COVID-19.
- You do not live or work in a building where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.
- Your contact with someone with COVID-19 had a beginning and an end. For example, your close contact happened at: school, sports event, work or social gathering.
- You traveled outside of Minnesota for reasons other than crossing the border for work, study, medical care, or personal safety or security, and all of the above are true. Note: Your "exposure" period ends upon arrival back home.

Even after seven days you must still:

- Watch for symptoms through day 14. If you have any symptoms, stay home, separate yourself from others, and get tested, even though you tested negative earlier.
- Continue to wear a mask and socially distance from other people.

You cannot end your quarantine before seven days for any reason.