



WHAT TO DO IF YOU ARE ASKED TO QUARANTINE?

FOLLOWING QUARANTINE GUIDELINES IS AN IMPORTANT PART OF STOPPING THE SPREAD OF COVID-19

IF YOU HAVE BEEN TOLD TO QUARANTINE BECAUSE OF A CLOSE CONTACT WITH SOMEONE WHO TESTED POSITIVE FOR COVID-19, HERE ARE SOME HELPFUL TIPS.



WHAT DOES QUARANTINE MEAN?

Quarantine means keeping people who are not sick yet, but who were exposed to a sick person, away from others for 14 days. If you have been exposed & test negative, you still must quarantine. Someone can spread COVID-19 before they have symptoms and quarantine is an important part of stopping the virus from accidentally spreading to others.

YOU CANNOT TEST OUT OF QUARANTINE.

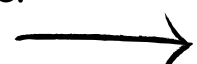
QUARANTINE IS IMPORTANT TO STOP THE SPREAD

WHAT DOES ISOLATION MEAN?

Isolation means keeping sick people away from healthy people. A sick (or knowingly exposed) person stays home and stays away from other people in their home as much as possible. Choose one person to care for an isolated child, use a mask, and social distance as much as possible.

WHAT DOES CLOSE CONTACT MEAN?

Close contact means that you have been within 6 feet of someone with COVID-19 for at least 15 minutes. If you have been in close contact with someone with COVID-19, you must stay home for 14 days, even if you test negative.



WHAT TO DO IF YOU'RE ASKED TO QUARANTINE?

- Separate yourself from others (stay home, stay away from others).
- If someone in your household gets sick, do your best to keep them away from others.
- The person who is sick should wear a mask when anyone else is in the room, except sleeping. Everyone else should wear a mask while they are in the same room as well.
- The person who is sick should not make food or eat with others.
- If a sleeping room must be shared, open doors and windows for fresh air
 - Hang curtains or cardboard walls around the person sick
 - Sleep at least 6 feet apart & head to toe
- If a bathroom must be shared, clean doorknobs, faucets, & other frequently touched surfaces each time it is used.
- Always wash your hands when touching surfaces & items in the rooms with a sick person.
- If you have been exposed, it can take anywhere from 2-14 days for symptoms to appear, incubation period.

SOMEONE WITH NO SYMPTOMS AT ALL, CAN STILL SPREAD THE VIRUS!

DO I GET TESTED FOR COVID-19?

If you begin to have symptoms of COVID-19 or have been exposed, contact your healthcare provider or local facility about getting tested. Symptoms include: Fever of 100.4 or higher, difficulty breathing, new or worsening cough, new loss of taste or smell, sore throat, nausea, vomiting, diarrhea, chills, muscle pain, excessive fatigue, new or severe headache, & new nasal congestion.

WHEN CAN I SAFELY RETURN TO WORK?

If you have had close contact with a person with COVID-19, you must quarantine for 14 days. If you have symptoms of COVID-19 or test positive, you must stay home for 10 days (counting from the day after you were tested), & you have not had a fever for at least 24 hours AND symptoms have improved.

Countryside Public Health: 1-800-657-3291 (M-F, 8:30 AM-4 PM)
Minnesota Department of Health: 1-800-657-3504 (M-F, 9 AM-4 PM)

More Information: countrysidepublichealth.org/covid-19-information