

Friday, January 14, 2022

MDH has released their guidance for isolation and quarantine for the general public.

It is not an easy chart or decision tree to follow but, it is the update guidance.

MDH does expect to have some type of graphic to follow eventually, they just do not have a clear deadline.

Below are the links to the updated guidance that we received from our regional epidemiologist.

Stay safe today everyone!

We've updated our [Schools and Child Care: COVID-19 - Minnesota Dept. of Health \(state.mn.us\)](#) webpages to clarify how the updated CDC isolation/quarantine recommendations affect school and (especially) child care guidance. This box has been added to the top of this and related pages:

CDC updated their recommendations for isolation and quarantine when sick or exposed to COVID-19: [Quarantine and Isolation](#). MDH updated [If You Are Sick or Test Positive](#) and [Close Contacts and Quarantine](#), and we are working to revise other guidance and materials to align with CDC over the coming days.

This updated guidance **does** apply to K-12 school settings (refer to [Overview of COVID-19 Quarantine for K-12 Schools](#)).

We are awaiting CDC guidance specific to child care. Until that is released, we recommend child care providers either follow existing child care guidance or follow the updated guidance for the general population. MDH continues to support use of the seven-day quarantine with testing for unvaccinated staff and children who cannot mask. This seven-day quarantine can apply if the person who was exposed:

- Does not have symptoms and does not develop symptoms.
- Had an exposure that has a beginning and end, such as an exposure that happened at school, a sporting event, or social gathering.
- Gets tested at least five full days after the exposure, and has a negative test result.

Content on the following web pages has been updated to align with CDC's updated isolation and quarantine guidance.

- [If You Are Sick or Test Positive: COVID-19](#)
- [Close Contacts and Quarantine: COVID-19](#)

Additional materials are in the process of being updated or created. We will share more when they are available.

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