

RECOMMENDATION FOR QUARANTINE/TESTING FOLLOWING POTENTIAL EXPOSURE

A. If your child has been exposed to COVID-19 by someone who does not live in your household MN Department of Health recommends, it is safest if they quarantine until 14 days have passed since their last exposure. Stay home and away from others (quarantine).

- Monitor for symptoms for 14 days.
- CONTACT PEDIATRIC SERVICES TO SCHEDULE TESTING 5-7 days after exposure (8/6/2021 – 8/8/2021). You may also seek testing sites elsewhere.
- Per Minnesota Department of Health, you can shorten your quarantine to 7 days after the last exposure if the following are true:
 - **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, NOT an antigen or antibody test.
 - All tests offered at the state's community testing sites are PCR tests. Visit <https://mn.gov/covid19/get-tested/testing-locations/community-testing.jsp> to make an appointment.
 - You have not had any symptoms.
 - You have not had a positive test for COVID-19.
 - No one in your home has COVID-19.
- 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.

B. If you test POSITIVE:

- Stay home until all three of these things are true:
- You feel better. Your cough, shortness of breath, or other symptoms are better. **And**
- It has been 10 days since you first felt sick. **and**
- You have had no fever for the last 24 hours, without using medicine that lowers fevers.

C. Other ways to mitigate spread of COVID-19:

- **Stay home and away from people who may be at high-risk** for getting very sick from COVID-19, including older adults, those living in long-term care facilities, and people with health conditions like asthma, diabetes, heart disease, liver disease, severe obesity, or weakened immune systems.
- **Separate yourself from other people in your home.**
- **Do not use public transportation.**
- **Wear a facemask.**
- **Avoid sharing personal household items.**
- **Wash your hands often.**

D. Illness management:

- Supportive cares: push fluids, temperature/comfort management with Tylenol and/or motrin, rest and avoid warm temperatures.
- Contact Pediatric Services for concerns related to difficulty breathing, dehydration, fever lasting longer than 3-5 days or additional worrisome symptoms.

***All information presented in this document was collected from CDC and MDH resources.

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html>

<https://www.health.state.mn.us/diseases/coronavirus/case.pdf>