When to Quarantine

For a student in quarantine due to a possible exposure, a negative test result is used to separate infected people from those who are not infected. People in isolation should stay in isolation until it is safe for them to be around others. The isolation period may extend beyond the quarantine period for an individual; they must remain in quarantine for the full 14 days, as symptoms may appear 2 to 14 days after exposure to the virus.

Quarantine keeps someone who might have been exposed to the virus away from others. The quarantine period is 14 days after an individual's last contact with a person who has COVID-19. A negative test will not end the quarantine period for an individual; they must remain in quarantine for the full 14 days, as symptoms may appear 2 to 14 days after exposure to the virus.

Isolation is used to separate infected people from those who are not infected. People in isolation should stay in isolation until it is safe for them to be around others. The isolation period typically lasts at least 10 days but there are factors that could decrease or increase the amount of time a person would need to spend in isolation. The Contact Tracing Team will work closely with the student to determine an end date for the isolation period.

Contact tracing is the process of identifying persons who may have come into close contact with an infected person and the collection of further information about these contacts. By tracing the contacts of infected individuals, testing them for infection, isolating or treating the infected and tracing their contact, public health officials aim to reduce infections in the population.

Contact tracers notify, interview and share advice and resources with people who may have been in close contact with someone who has COVID-19. This document is available in alternative formats to individuals with disabilities by calling 218-755-3883 directly or through the Minnesota Relay Service at 1-800-627-3529.