

COVID-19 FAMILY INFORMATION

Isolate, Quarantine and
Caring for Someone Sick

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If Your Student Needs to Isolate or Quarantine

Based on guidance from the Minnesota Department of Health, students are encouraged to self-isolate at home if it is within regional driving distance (2-3 hours) and your family composition and home layout are conducive to isolation.

The appropriate class dean will connect with the parents upon notification from the case managers that the student has been placed in isolation/quarantine. Isolated students will be sent to the isolation area if they are not in a single room. Parents can pick up their student at that location. Students in singles can be picked up from their building.

See below for definitions of isolation and quarantine and how to take steps in both scenarios.

ISOLATE IF YOU ARE SICK

Separate yourself from others if you have COVID-19

Isolation is used to separate people infected from people who are not infected.

People who are in isolation should stay home and away from others until their infectious period is over. In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).

WHO NEEDS TO ISOLATE?

People who have COVID-19

- People who have tested positive for infection, have *symptoms of COVID-19* and are able to recover at home
- People who have tested positive for infection, but have no symptoms (are asymptomatic)

STEPS TO TAKE

Stay home except to get medical care

Monitor your symptoms. If you have an *emergency warning sign* (including trouble breathing), seek emergency medical care immediately

- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Don't share personal household items, like cups, towels, and utensils
- Wear a mask when around other people and maintain social distance

WHEN YOU CAN BE AROUND OTHERS AFTER YOU HAD OR LIKELY HAD COVID-19

I think or know I had COVID-19

You can be with others, once all three are true:

- At least 10 days since symptoms first appeared (If no symptoms, 10 days after the date of your positive test)
- At least 24 hours with no fever without fever-reducing medication and
- Symptoms have improved

Read more at www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html

WHEN TO QUARANTINE

Stay home if you might have been exposed to COVID-19.

Quarantine is used to keep someone who *might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

WHO NEEDS TO QUARANTINE?

People who have been in close contact with someone who has COVID-19 should quarantine.

WHAT COUNTS AS CLOSE CONTACT?

- Someone in your home has tested positive for COVID-19
- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

STEPS TO TAKE

Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at *higher risk* for getting very sick from COVID-19

WHEN TO START AND END QUARANTINE

You should stay home for 14 days after your last contact with a person who has COVID-19.

Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.

Read more at www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html.

CARING FOR SOMEONE SICK AT HOME

If you are caring for someone with COVID-19 at home or in a non-healthcare setting, follow this advice to protect yourself and others. Learn what to do when someone has *symptoms* of COVID-19 or when someone has been diagnosed with the virus. This information also should be followed when caring for people who have tested positive but are not showing symptoms.

HELP COVER BASIC NEEDS:

- Make sure the person who is sick drinks a lot of fluids and rests
- Help the person who is sick follow their doctor's instructions for care and medicine.
- See if over-the-counter medicines for fever help the person feel better.
- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible.
- Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.

WATCH FOR WARNING SIGNS

- Have their doctor's phone number on hand.
- Use *CDC's self-checker tool* to help you make decisions about seeking appropriate medical care.
- Call their doctor if the person's condition is worsening. For medical emergencies, call 911 and tell the dispatcher that the person has or might have COVID-19.

CONTINUED

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WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list does not include all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

PROTECT YOURSELF

- Limit contact
- Eat in separate areas
- Avoid sharing personal items
- Consider wearing a mask and/or gloves
- Clean your hands often
- Wash and dry laundry
- Use lined trash can
- Track your own health

READ MORE AT www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html

