

COVID-19 Testing Discharge & Quarantine Instructions



Testing Discharge Instructions

You have been tested for COVID-19. You should receive communication regarding your test results by text message or phone in three to seven days. A negative test does not completely rule out COVID-19 infection and we recommend that you follow the instructions below.

Contact your medical provider or return if you have severe weakness, inability to take oral fluids, or are concerned about your breathing. If you need emergency medical attention during this time, call 9-1-1 and alert them that you have symptoms consistent with COVID-19.

For all other COVID-related questions, please contact your primary care provider or our COVID Call Center at 952-442-7811.

If you were tested because you have symptoms concerning for COVID-19:

- Isolate at home until test result is known. Stay in a room or area separate from others, and use a separate bathroom (if available).

If negative:

- You may return to usual activity 24 hours after fever has resolved without the use of fever-reducing medicine **and** 24 hours after symptoms have improved.

If positive:

- Isolate at home for at least 10 days since symptoms first appeared; **and**
- 24 hours after fever has resolved without the use of fever-reducing medicine; **and**
- Other symptoms are improving.
- If you are older or have certain medical conditions, it is helpful to let your health care provider know you have COVID-19. They may have specific advice for you.
- Tell your close contacts, including people who are fully vaccinated, that they may have been exposed to COVID-19.

If you are the guardian, caregiver or live in the same household as someone who is symptomatic and was tested for COVID-19:

If **negative** and you have **no symptoms**, you may return to usual activity.

If positive and you are **fully vaccinated:**

- You do NOT need to quarantine after contact with someone who has COVID-19 if you do NOT have symptoms of COVID-19.
- Get tested 3-5 days after exposure, even if you don't have symptoms (find testing locations on the Minnesota Department of Health website)
- Wear a mask indoors in public for 14 days following exposure or until your test result is negative.
- Get tested and isolate immediately if you experience COVID-19 symptoms.

If **positive** and you are **unvaccinated**:

- Stay home for 14 days after your last contact with the person who has COVID-19.
- Monitor for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19.
- Get tested and isolate immediately if you experience COVID-19 symptoms.

If **positive** and you have **tested positive for COVID within the previous 90 days**, have recovered, and remain symptoms free:

- Wear a mask indoors in public for 14 days after exposure.
- Monitor for COVID-19 symptoms and isolated immediately if symptoms develop.
- Consult with a healthcare professional for testing recommendations if new symptoms develop.

If you were tested for procedure or surgery clearance:

Stay home and isolate yourself as much as possible until your procedure or surgery appointment. If you develop any new symptoms before your appointment, you must alert your provider right away.

Minnesota Department of Health recommendations are as follows:

Separate yourself from others



Stay home. Do not go to work, school, or any other place outside the home. 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.



Stay away from other people in your home. As much as possible, stay in a separate room and use a separate bathroom, if available.



Wear a facemask if you need to be around other people, and cover your mouth and nose with a tissue when you cough or sneeze. Wash hands thoroughly afterward.



Avoid sharing personal household items. Do not share food, dishes, drinking glasses, eating utensils, towels, or bedding with other people in your home. After using these items, wash them thoroughly with soap and water. Clean all frequently touched surfaces in your home daily, including door knobs, light switches, or faucets.



Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.