

COVID-19 COMMON QUESTION + ANSWER

LifeCare Public Health follows guidance set forth by the Minnesota Department of Health (MDH) when it comes Covid-19. As we continue to learn daily through this pandemic, below are answers to some of the common questions we receive. As always, if you have questions or concerns, please contact LifeCare Public Health at 463-3211.

**IF YOU HAVE COVID-19 SYMPTOMS, PLEASE CALL
LIFECARE MEDICAL CENTER TO GET TESTED. 218.463.4750**

WHAT IS THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?

- Isolation separates sick people with COVID-19 from people who are not sick.
- Quarantine separates and restricts the movement of people who were exposed to COVID-19 to see if they become sick.

WHO NEEDS TO ISOLATE?

People who have tested positive for COVID-19 should stay home and isolate. They should not go to work, school, or any other place outside the home. They should stay home until all three of these things are true:

1. They feel better. Their cough, shortness of breath, or other symptoms are better.
2. It has been 10 days since they first felt sick.
3. They have had no fever for the last 24 hours, without using medicine that lowers fevers.

HOW DO YOU ISOLATE? (FOR TIMELINE, SEE GRAPHIC)

- 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.

WHO NEEDS TO QUARANTINE?

Quarantine is for people who may have been exposed to COVID 19. These people may or may not get sick. People in quarantine should ideally stay home for 14 days, limit their contact with other people, and monitor themselves closely for symptoms of COVID-19. Most people who are going to get sick will get sick within 2-14 days of exposure.

- People who were within 6 feet of someone contagious with COVID-19 for 15 minutes or more, including people who live in the same household.
- People who had direct physical or intimate contact (e.g., kissing, hugging, other types of physical contact) with a person who is sick with COVID-19.
- People who provide care for a person who is sick with COVID-19 at home.

COVID-19 COMMON QUESTION + ANSWER

- People with direct exposure to respiratory droplets from a person contagious with COVID-19.
- People who have traveled outside of Minnesota where quarantine is recommended by EO 20-99 (e.g., quarantine recommended for travel other than crossing borders for work, study, medical care, or personal safety and security). See Frequently Asked Questions about Executive Order 20-99 (https://mn.gov/covid19/assets/eo-2099-faq-20201123_tcm1148-455280.pdf) for more information.

HOW LONG DO I NEED TO QUARANTINE? (FOR TIMELINE, SEE GRAPHIC)

A 14-day quarantine remains the CDC's recommendation for the greatest protection against spreading the virus that causes COVID-19, SARS-CoV-2. However, CDC has reviewed data and modeled the impact of a number of options for shortening quarantine. Because people can develop COVID-19 up to 14 days after an exposure, any quarantine shorter than 14 days might lead to increased spread of the virus in the community.

If you have specific quarantine or isolation questions, please call LifeCare Public Health for clarification if you can adopt the 10 or 7 day periods. LIFECARE PUBLIC HEALTH: 218.463.3211

HOW DO I QUARANTINE IN MY OWN HOME?

- 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.

IF I TESTED POSITIVE FOR COVID AND MY FAMILY MEMBER TESTED NEGATIVE WHEN DOES MY FAMILY MEMBER NEED TO START QUARANTINE?

If you are unable to fully isolate yourself from your family members, their 14 day quarantine period would begin when your isolation period ends.

HOW DO WE DETERMINE WHO IS A CLOSE CONTACT?

Close contact is defined by the CDC as being within 6 feet of an infected person for at least 15 minutes. We look back 48 hours prior to symptom onset of a COVID positive person, OR 48 hours prior to a positive test result if a person is asymptomatic.

IF MY COLLEGE STUDENT TESTS POSITIVE FOR COVID WHILE AT COLLEGE, WILL IT SHOW UP AS A CASE FOR ROSEAU COUNTY?

No, this case will be counted in the state and/or county that they reside in during college unless they are isolating and living at home.

COVID-19 COMMON QUESTION + ANSWER

WHEN SHOULD I GET TESTED IF I WAS EXPOSED TO SOMEONE WITH COVID-19?

It is recommended to wait at least 5-7 days unless you develop symptoms sooner.

ARE POSITIVE CASES BEING COUNTED MORE THAN ONCE?

No, cases are only counted once in our Roseau County totals.

MY CHILD WAS EXPOSED TO SOMEONE WITH COVID-19 AND TESTED NEGATIVE 7 DAYS AFTER THE EXPOSURE, ARE THEY OKAY TO GO BACK TO SCHOOL?

NO, they need to finish the 14 day quarantine period prior to going back to school. Please contact your school to notify them of exposure and the school will help you determine the safe return date.

WILL LIFECARE PUBLIC HEALTH BE CONTACTING ME IF I AM DEEMED A “CLOSE CONTACT” OF A POSITIVE PERSON?

Answer: No

LifeCare Public health does NOT contact every close contact of a positive case. We rely on our positive cases and the honor system to help us distribute guidance on quarantine to each of their close contacts. Each case is sent a follow up e-mail/letter with information that is to be distributed to each close contact. There are special circumstances where we would call the close contacts if a case is unable or unwilling to call the close contacts themselves, or does not feel comfortable.

MY COVID TEST IS NEGATIVE AND I WAS IN CONTACT WITH SOMEONE WITH COVID-19, AM I FREE OF COVID?

Answer: NO

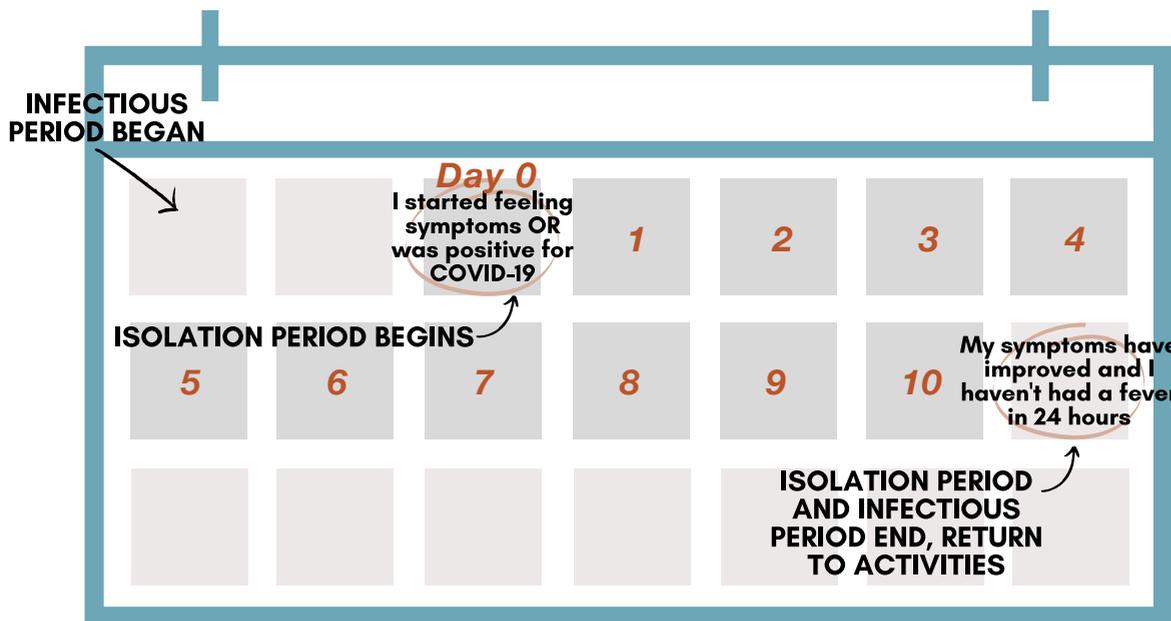
If you receive a negative test result but were tested because you were in close contact with someone who has COVID-19, you still need to stay home (quarantine). This is because you still could become sick with COVID-19. It can take up to two weeks for a person who was exposed to COVID-19 to become sick, so if you were tested early after being exposed, the test may not have detected the virus yet. **Refer to the “Who Needs to Quarantine” & “How Long Do I Need to Quarantine” questions.**

FOR MORE COVID INFORMATION:
WWW.LIFECAREMC.ORG

ISOLATION AND QUARANTINE 101

ISOLATION

I HAVE COVID-19 SYMPTOMS OR TESTED POSITIVE FOR COVID-19



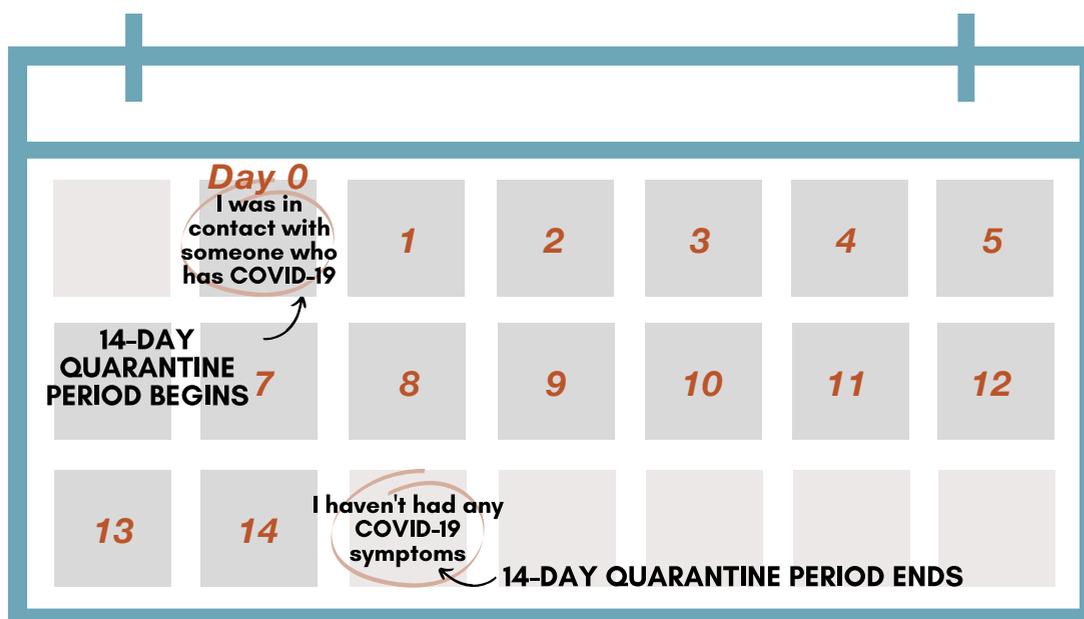
THE ISOLATION PERIOD IS, AT MINIMUM, 10 DAYS

If you received positive test results, remain in isolation until all three are true:

- At least 10 days since your symptoms first started or, if asymptomatic, you tested positive for COVID-19
- Fever-free for 24 hours without fever-reducing medications
- Other symptoms of COVID-19 are improving

QUARANTINE

I WAS IN CLOSE CONTACT* WITH SOMEONE WHO TESTED POSITIVE FOR COVID-19



THE QUARANTINE PERIOD IS, IDEALLY, 14 DAYS

I can shorten my quarantine period to:

10 DAYS IF:

- I haven't tested positive, don't have symptoms, and will watch for symptoms through day 14.
- I will mask, socially distance, wash my hands, and follow other prevention measures.
- I will isolate and get tested as soon as possible if I develop symptoms.

7 DAYS IF:

I meet the above **criteria** AND had a negative PCR test at least five days after I was exposed

Do not shorten the quarantine period if:

- You have a household exposure.
- You are in a congregate living situation.

*Close contact is defined as being within 6 feet of a person with COVID-19 for a total of 15 cumulative minutes per 24 hours during their infectious period