Information for People With COVID-19 and Their Employers, Schools, and Child Care

Use this information to determine when it is safe for a person to return to activities like work, school, or child care after testing positive for COVID-19.

People with COVID-19 should not leave their home during the time when they might make others sick (“infectious period”). This includes staying home from work, school, child care, and any other activities. The only exception is to get medical care. Staying home while infectious is called “isolation.”

Minnesota state law (Minnesota Statutes § 144.4196) provides employment protections when a person is recommended to remain in isolation for public health purposes.

For employees/attendees

If you have been diagnosed with COVID-19, stay home until all three of these things are true:

- You feel better. Your cough, shortness of breath, and other symptoms are getting better.
- It has been 10 days since you first felt sick.
- You have had no fever for the last 3 days, without using medicine that lower fevers.

If you have not had any symptoms, stay home for 10 days after the day you were tested.

You do not need to be tested again.

If you need written copies of your test results, please contact the clinic where you were tested.

If you work in health care, please check with your occupational health before returning to work.

If you have questions, contact the Minnesota Department of Health (MDH): 651-201-5414.
For employers, schools, and child care

If an employee or attendee has been diagnosed with COVID-19, they should stay home until the above criteria are true. The employee/attendee will let you know when they meet these criteria. Please excuse the employee/attendee from work/school/child care during this time in order to protect the health of your staff, customers, or other attendees.

For employees/attendees who had symptoms, the earliest an employee/attendee could leave their home after testing positive would be 11 days after the date they first became sick, but it may be longer depending on their symptoms. For employees/attendees who did not have symptoms but did test positive, the earliest they could leave could leave their home would be 11 days after the date they were tested.

No medical examination, repeat testing, or documentation (e.g., letter) is necessary to clear these people to return to work/school/child care pursuant to MDH and CDC guidelines.

Your cooperation during this time is greatly appreciated; you are making an important contribution to the public health of Minnesota.

If you have questions, contact the Minnesota Department of Health (MDH): 651-201-5414.