



Dear Parent/Guardian:

This letter is to inform you, per contact tracing guidance from the Minnesota Department of Health (MDH), your child has been identified as a close contact with someone who tested positive for COVID-19. The close contact occurred on [exposure date(s)].

MDH Recommends the following regarding quarantine, however it is not required:

- A 10-day quarantine after the date of the exposure is the safest recommendation for people who have been exposed to COVID-19 and are unvaccinated.
- Fully vaccinated people and those who have had COVID-19 within the past 90-days are not recommended to quarantine if not experiencing symptoms.

As a close contact, you must closely monitor your child for symptoms. If they begin to exhibit symptoms of COVID-19, immediately isolate them at home and keep away from other household members as much as possible. Refer to [MDH: If You Are Sick](#) for more information.

- Fever of 100.4 degrees Fahrenheit or higher
- New cough or a cough that gets worse
- Difficulty/hard time breathing
- New loss of taste or smell
- Sore throat
- Nasal congestion/stuffy or runny nose
- Nausea, vomiting, or diarrhea
- Muscle pain
- Extreme fatigue/feeling very tired
- Severe/very bad headache
- Chills

If they were to test positive, then everyone who lives with the positive person is required to self-quarantine for 10 days, starting on the day they can separate from the positive person.

Resources that you may find helpful:

- [Close Contacts and Tracing: COVID-19](#)
- [Quarantine Guidance for COVID-19](#)
- [What to Do if You Have Had Close Contact With a Person With COVID-19](#)
- [Coronavirus Disease 2019 \(COVID-19\)](#)
- [CDC: Coronavirus Disease 2019](#)

If you have questions, contact your school nurse or district COVID Coordinator. Thank you for helping to keep our school community safe.

Sincerely,  
Julie Williams  
Director of Student Support Services  
District COVID Coordinator  
763-689-6196 - office