



Dear Parent/Guardian:

This letter is to inform you, per contact tracing guidance from the Minnesota Department of Health (MDH), your child is required to quarantine for 10 days since there is a positive household member who tested positive for COVID-19. You should separate household members from the positive person. The quarantine timeline starts from the date the person is able to separate from the positive person. If the positive household member is unable to isolate away from the quarantined student, the 10 day period begins when the positive household member's 10 day isolation period ends.

They can return on day 11 without a test AND no symptoms. The only exception is that fully vaccinated people and those who have had COVID-19 within the past 90-days are not recommended to quarantine as long as they are not experiencing 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 you need to report that to your school nurse and the nurse will share the isolation protocol with you.

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