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## Minnesota Adopts the CDC’s Updated Quarantine Guidance (current as of December 10, 2020)

**Minnesota has now adopted the updated CDC quarantine recommendations**, which allow individuals to shorten their 14-day quarantine period to 10 days in certain circumstances. These changes address non-critical infrastructure businesses. For critical infrastructure (“CISA”) businesses, see guidance below.

The CDC continues to endorse a 14-day quarantine period for individuals who are in *close contact* with someone diagnosed with COVID-19. However, it now recommends two additional options for the length of quarantine.

**Ten-day quarantine:** You may shorten the quarantine period to 10 days after your most recent exposure to someone with COVID-19 if:

- You have not tested positive for COVID-19, you don’t have symptoms, and you will continue to monitor for possible symptoms through day 14.
- You will continue to mask, maintain at least 6 feet of distance from others, and follow other prevention guidance.
- You will isolate and get tested as soon as possible if you develop any symptoms of COVID-19.

**Seven-day quarantine:** You may shorten the quarantine period to 7 days after your most recent exposure to someone with COVID-19 if you have a negative test result (so long as that test was a PCR test--from saliva, or nose or throat--and was conducted at least *5 full days after the start of the quarantine period*).

In this new scenario an employee with a workplace or community exposure could return to work 10 or 7 days after that exposure, if they do not have symptoms and continue to self-monitor for symptoms through day 14, continue to mask, maintain at least 6 feet of distance from others, and follow other prevention guidance.

**Fourteen-day quarantine:** You must retain the fourteen-day quarantine period if:

- You have a household exposure. An employee who is in regular contact with a household member with COVID-19 does not “start the clock” for their quarantine until the infected household member is no longer contagious. In other words, the “clock” starts on day 7 if the infected individual had no symptoms and day 10 if the person had symptoms.

- You reside in a congregate living situation, including a long-term care facility, correctional facility, homeless shelter or other similar setting or you work in a health care setting, correctional facility or shelter.

**Positive test result:** Employees with *positive* test results who *have symptoms* must self-isolate and can return to work after:

- At least 10 days since symptoms first appeared; and
- At least 24 hours with no fever without fever-reducing medication; and
- Other symptoms of COVID-19 are improving (note that loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).

*Employees with positive test results but have no symptoms* can return to work 10 days after the date of the employee's positive test.

### **Critical Infrastructure Business Guidance**

Critical infrastructure workers who *have been exposed and are symptomatic* should immediately quarantine, inform their established point of contact at their workplace and arrange for medical evaluation and testing. They will follow the regular CDC guidance.

Critical infrastructure workers who *have been exposed and are asymptomatic* may continue to work in select instances when it is necessary to preserve the function of critical infrastructure workplaces. This option should be used as a last resort and only in limited circumstances, such as when cessation of operation of a facility may cause serious harm or danger to public health or safety.

If asymptomatic but exposed workers are permitted to continue work, the following risk mitigation precautions should be implemented prior to and during the work shift:

- **Pre-screen**
- **Screen at the workplace**
- **Regularly monitor**
- **Wear a cloth mask**
- **Social distance**
- **Clean and disinfect workspaces**

Please reach out to us or your legal counsel with any questions.

*Please note that these are fast-moving times, and the information provided is only accurate as of the day posted (December 10, 2020). The information provided does not, and is not intended to, constitute legal advice; instead, all information is prepared and provided for general informational purposes only.*

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