How to isolate or quarantine yourself

COVID-19 TEST RESULTS
[X] POSITIVE
[ ] NEGATIV
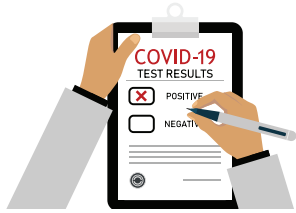
If you've had a positive COVID-19 test – or someone you've been in close contact with has – you may have been told to isolate or quarantine so you don't get other people sick.

Isolate Quarantine

"Isolate" and "quarantine" both mean staying at home and staying away from other people.

Isolate

"Isolating" is for people who have COVID-19.
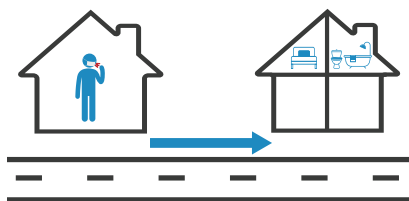
Quarantine

"Quarantine" is for healthy people who have been in close contact with someone who has COVID-19.
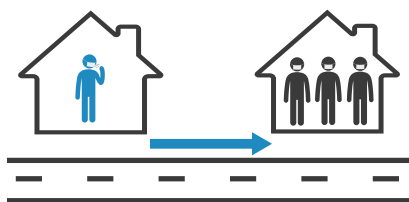
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Whether you isolate or quarantine, you do the same things.

To help protect the people you live with, use a separate bedroom and bathroom if you can.

If you don't have a separate bedroom and bathroom, try to stay with family or friends who have a separate bedroom and bathroom that can be used by you only.

Or have the people you live with stay with a friend or family while you stay at home.

If you and your family or roommates have to stay in one home and share a bedroom and bathroom, clean every surface you touch every time and wear a mask.
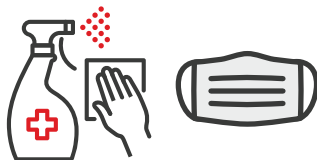
To find more information, go to the City website at **www.minneapolismn.gov/coronavirus**.