COVID-19 Incubation Period and Quarantine:

A lot of people are struggling with why they need to quarantine for 14 days after exposure to a positive case of COVID-19 when the "feel fine" and get a negative test. Here is an explanation to help you understand why this is important.
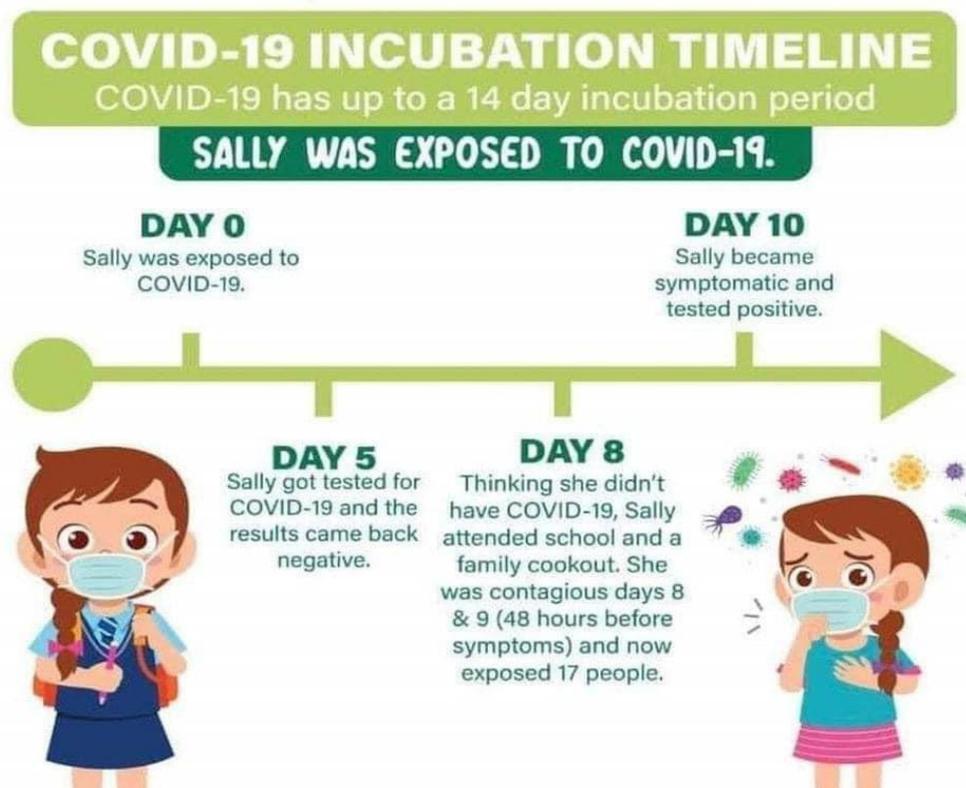
COVID-19 symptoms can start at any time during the incubation period.

COVID-19 tests capture the virus status at that moment. With the example below, Sally did not have enough viral load at her first test and tested negative. At the time of the second test, she did have enough viral load and tested positive.

Even if you receive a negative test result you must quarantine for 14 days and watch for symptoms to prevent spreading the disease to others.

Quarantine means you stay in your house. You do not go shopping, to hair appointments or visit friends who are also in quarantine. You should also be staying away from the rest of your family members if possible, so that if you start showing symptoms, they are less likely to get sick.

Together we can help stop the spread of COVID-19!

COVID-19 INCUBATION TIMELINE
COVID-19 has up to a 14 day incubation period

SALLY WAS EXPOSED TO COVID-19.

DAY 0
Sally was exposed to COVID-19.

DAY 10
Sally became symptomatic and tested positive.

DAY 5
Sally got tested for COVID-19 and the results came back negative.

DAY 8
Thinking she didn't have COVID-19, Sally attended school and a family cookout. She was contagious days 8 & 9 (48 hours before symptoms) and now exposed 17 people.

No Cost At Home COVID-19 Saliva Testing for all Minnesotans:
Minnesota is proud to offer at-home COVID-19 saliva testing for any person who wants to be tested, with or without symptoms, at no cost. This saliva test is just as accurate as the nasal swab test and is available at no cost for every Minnesotan, whether or not you have insurance. With the COVID-19 positivity rate climbing higher than ever before, expanding access to COVID-19 testing to all communities across the state is critical to keeping Minnesotans informed and safe. More information about this partnership with Vault Medical Services is available [Minnesota Department of Health's website](#), including information on how to order test [(https://learn.vaulthealth.com/state-of-minnesota/)](https://learn.vaulthealth.com/state-of-minnesota/).