CORONAVIRUS DISEASE (COVID-19)
QUARANTINE VS. ISOLATION

QUARANTINE

**keeps someone who was in close contact with someone who has COVID-19 away from others.** Quarantine helps to prevent the spread of COVID-19 that can occur before a person knows they are sick or if they are infected with the virus without experiencing symptoms.

If you have been in close contact with someone who has COVID-19, including: being within 6 feet of someone who has COVID-19 for at least 15 minutes, and or/having direct physical contact with the person, you should:

- **Stay home** and avoid all public areas, except to get medical care.
- **Stay in a separate area from other household members** and use a separate bathroom, if possible.
- **Use your own personal household items**, like cups, towels, and utensils – do not share.
- **Wear a face covering** when around others, if able.
- **Check your temperature twice daily** – contact a medical professional if your temperature is above 100.4 and/or COIVD-19 symptoms develop.

You may end quarantine 14 days after your last close contact with a person who has COVID-19:
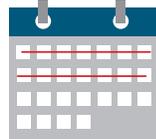
14 DAYS

- Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since you can become positive up to 14 days after exposure to the virus.
- If a household member has COVID-19 and is unable to isolate within the home, you should stay home for 14 days after the last ill person recovers and/or completes isolation.
- If a second member of the household gets sick with COVID-19, you will need to restart the 14 days from the day the last ill person recovers.
- If you are an essential worker, you may be able to go to work wearing a mask and quarantine during non-work hours. You should notify your employer to discuss.

ISOLATION

**keeps someone with COVID-19 (both those WITH and WITHOUT symptoms) from people are not infected.** People who are in isolation should stay home until it's safe for them to be around others.

If you have COVID-19 and/or have tested positive for COVID-19 (even without symptoms), you should:

- **Stay home** and avoid all public areas, except to get medical care.
- **Stay in a separate area from other household members** and use a separate bathroom, if possible.
- **Use your own personal household items**, like cups, towels, and utensils – do not share.
- **Wear a face covering** when around others, if able.
- **Seek medical care for symptoms that are severe or concerning**, such as trouble breathing, persistent pain or pressure in the chest, new confusion, bluish lips or face, inability to wake or stay awake.

You can stop isolating when you can answer YES to ALL questions:

10 DAYS

- Has it been **at least 10 days since your symptoms first appeared**?
- Have you been **without a fever for at least 24 hours** without the use of medicine that reduces fevers?
- Have your **symptoms improved**?
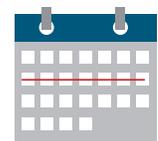
24 HRS

If you tested positive but never had symptoms, you can stop isolating 10 days after the date of your positive test.

Most people do not need a negative test prior to ending isolation as the result may remain positive long after you are considered infectious. Please contact your medical professional if you think you qualify for an exception.