

Isolation or Quarantine?

Isolation

- For symptomatic people waiting for test results OR
- People who have tested positive
- Lasts 10 days from symptom onset or test date if no symptoms present
- Use separate bathroom if possible – stay away from all household members
- Have meals brought to door of room
- Only leave for medical treatment
- Can discontinue on day 11 if:
 - No fever for 24+ hours without fever reducing meds
 - General improvement of all other symptoms
 - Call doctor if symptoms persist or worsen

Quarantine

- For people who have been in close contact with a COVID-19 positive person
 - Close contact =
 - Within 6 feet of COVID+ person for 15 total min
 - Starting 2 days before COVID+ person started showing symptoms
- Stay home and stay separated from household members to reduce extending their quarantine in the event you become symptomatic
- Lasts for 14 days from exposure to COVID+ person
- May resume normal activities on day 15 if you have not become symptomatic
- If anyone under quarantine becomes symptomatic and has had contact with other household members, the 14 day clock starts again for those household members

