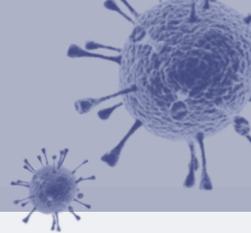


# ISOLATION VS. QUARANTINE



## ISOLATION ( CASES )

Isolation separates people **who are infected** with a communicable disease from people who are not infected. Isolated persons are asked to actively monitor their symptoms and separate themselves from other household members in a **specific "sick room"**. If possible use a separate bathroom.

### Who needs to isolate?

- People who have COVID-19
- People who have symptoms of COVID-19 and are able to recover at home
- People who have no symptoms (are asymptomatic) but have tested positive for COVID-19

### When does isolation end?

- At least 10 days since symptoms first appeared **and**
- \*At least 24 hours since last fever without the use of fever-reducing medications **and**
- \*Symptoms have improved
- If tested positive for COVID-19, but show no symptoms, you can be with others after 10 days have passed since test

\*On July 17, 2020, the Centers for Disease Control and Prevention (CDC) updated guidance for duration of isolation and precautions for COVID-19.



## QUARANTINE ( CLOSE CONTACTS )

Quarantine keeps someone **who might have been exposed** to a communicable disease away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others and monitor their symptoms.

### What counts as a close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person
- You shared eating or drinking utensils
- They sneezed, coughed or somehow got respiratory droplets on you

### When does quarantine end?

- If close contact with a COVID-19 case and will have no further contact with the ill person, your last day of quarantine is 14 days from the date you had close contact
- If live with a COVID-19 case and cannot avoid close contact, you should avoid contact with others outside the home and quarantine for 14 days after the ill person meets the criteria to end home isolation (listed above)