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.

**A NEGATIVE TEST DOES NOT RELEASE SOMEONE FROM QUARANTINE!**
The viral load may not be high enough to detect at the time of testing, therefore you can still get sick within the 14-day quarantine time period.

**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 you're a 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 you live with a COVID-19 case, you should avoid contact with others outside the home and quarantine for typically 24 days. Your 14-day quarantine cannot start until the infected person is no longer ill. For most people, that is 10 days, so a contact's typical quarantine period is 10 + 14 = 24 days.

DelawareHealth.org/covid-19

Delaware General Health District
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