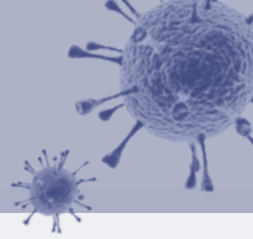


ISOLATION VS. QUARANTINE



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



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 10-day quarantine time period.

What counts as a close contact per the Health District?

- If one or both parties were not wearing a mask

AND

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes

OR

- You were within 6 feet of someone who has COVID-19 for any amount of time when exercising or participating in a sports activity

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 10 days from the date you had close contact.
- Continue to self-monitor for symptoms for an additional four days. If symptoms develop, contact your doctor.
- If you live with a COVID-19 case, you should avoid contact with others outside the home and quarantine for typically 20 days. Your 10-day quarantine cannot start until the infected person is no longer ill.