

COVID-19 QUARANTINE VS. ISOLATION



QUARANTINE

keeps someone who was in close contact with someone who has COVID-19 away from others.

Quarantine if you have been in close contact with someone who has COVID-19, unless you have been fully vaccinated.

If you are fully vaccinated

- You do NOT need to quarantine unless you have symptoms
- Watch for symptoms
- Get tested 5 days after your exposure, even if you don't have symptoms
- Wear a mask indoors in public for 10 days following exposure or until your test result is negative

If you are not fully vaccinated

- Stay home and quarantine for at least 5 full days
- Get tested at least 5 days after you last had close contact with someone with COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms until 10 days after you last had close contact with someone with COVID-19
- Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public.
- Avoid Travel



ISOLATION

keeps someone who is sick or tested positive for COVID-19 away from others, even in their own home.

People who are in isolation should stay home and stay in a specific "sick room" or area.

If you tested positive for COVID-19 or have symptoms regardless of vaccination status.

Day 1 is the first full day after your symptoms developed or your test specimen was collected.

- Stay home for 5 full days and isolate from others in your home
- Wear a well-fitted mask if you must be around others in your home

End Isolation after 5 days if:

- You are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.
- You tested positive for COVID-19, but did not have symptoms.

Consult your doctor before ending isolation if:

- You were severely ill with COVID-19.

Take precautions until day 10

- Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public.
- Avoid travel & avoid being around people who are at high risk.