

COVID-19 Quarantine vs Isolation

When you have COVID-19, or you have been exposed to it, one of the best things you can do for your community and loved ones is to stay away from others.

When you are in isolation or quarantine, it means that you need to stay home and away from others as indicated below. You should not visit public settings or interact with others, even if you wear a mask.

QUARANTINE

For people who may have had close contact with someone who has COVID-19.

The purpose is to protect others while waiting to see if you also become sick.

CLOSE CONTACT MEANS ANY OF THE FOLLOWING:

- You were within 6 feet of them for 15 minutes or more.
- You provided care to them while they were sick.
- You had direct contact (like hugging or kissing).
- You shared eating or drinking utensils.
- They sneezed, coughed or somehow got respiratory droplets on you.

HOW LONG?

- Even if you test negative for COVID, you should follow these guidelines:
- Quarantine should last for 14 days from the last date of close contact you had with a person who has COVID-19.
- If you have a new close contact within the 14 days, you should start over.
- If you are living with someone who has COVID-19 and can't avoid them, you should quarantine while they are sick and for 14 days after they end isolation.

ISOLATION

For people who have COVID-19.

The purpose is to keep others from getting sick.

YOU SHOULD ISOLATE IF YOU:

- Have symptoms of COVID-19 and can recover at home.
- Have no symptoms but tested positive for the virus.

HOW LONG?

Isolation should last until you meet all the following criteria:

- It's been at least 10 days since your symptoms started.
- You've been fever-free for at least 24 hours without fever-reducing medicine.
- Your other symptoms are improving.
- If you tested positive but have no symptoms, isolation should continue until 10 days after your positive test.

These are CDC recommendations.
Always follow the advice of your doctors.

