## **COVID-19: Quarantine vs. Isolation**

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





## If you had close contact with a person who has COVID-19



 The best way to protect yourself and others is to <u>stay home for 14 days</u> after your last contact. Check your <u>local</u> <u>health department's website</u> for information about options in your area to possibly shorten this quarantine period.



 Check your temperature twice a day and watch for symptoms of COVID-19.



If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.



ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.





## If you are sick and think or know you have COVID-19



- Stay home until after
  - At least 10 days since symptoms first appeared and
  - At least 24 hours with no fever without fever-reducing medication and
  - Symptoms have improved



## If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
  - 10 days have passed since your positive test



If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.

cdc.gov/coronavirus