

What does it mean to be under self-isolation versus quarantine?

Self-isolation: separates **confirmed or symptomatic** people from people who are not sick. People should self-isolate for the duration of time recommended by Public Health.

Quarantine: separates or restricts the movement of exposed individuals to watch for the onset of symptoms/see if they become sick. People under quarantine have not been confirmed as having an illness. People under quarantine for COVID-19 should remain under quarantine for 14 days or as recommended by Public Health.

If one person in a home is advised to self-isolate (is confirmed or symptomatic), then:
ALL household members need to remain quarantined for 14 days to watch for symptoms.

If one person in a home is advised to quarantine (exposed, but NOT confirmed nor symptomatic), then:
Members of that household do NOT need to quarantine nor self-isolate. CDC does not recommend special management measures for household members of a person under quarantine.

SELF-ISOLATION

If you have tested positive for COVID-19 or begin to show symptoms of cough, fever, and/or shortness of breath:

Step 1

Remain in isolation inside your home for 10 days after symptom onset OR 72 hours after symptoms resolve (whichever time is longer).

DO NOT leave your home for any reason.

Step 2

“Socially distance” yourself from others by remaining at least 6 feet away.

Pinal County Public Health will help you understand when you no longer need to remain in isolation. This will depend on the length of symptoms and infectious period.

QUARANTINE

If you have been advised to self-quarantine by Public Health or a medical provider:

Step 1

Remain in isolation inside your home for 14 days or as recommended by Public Health.

ONLY leave your home if absolutely necessary.

Step 2

“Socially distance” yourself from others by remaining at least 6 feet away.

Socially distance yourself for 14 days or as recommended by Public Health.

Step 3

Use improved hygiene practices:

Wash your hands often. Use soap and water to clean your hands. Use hand sanitizer if soap and water is not available. Hand sanitizer can kill Coronavirus germs.

Avoid touching your face. Coronavirus germs can enter through the mouth, nose, and eyes.

Sneeze and cough into a tissue. Wash or sanitize your hands afterwards. If no tissue is available, cough into your elbow.

Frequently sanitize high contact areas within your home (eg. door knobs, faucets, light switches, etc).

COVID-19 is very dangerous for older adults and people with weak immune systems. Please take all precautions recommended by Pinal County Public Health to help prevent further spread of COVID-19. For questions relating to quarantine or self-isolation guidance call 520-866-4513.