

Understanding Quarantine vs Isolation

Quarantine

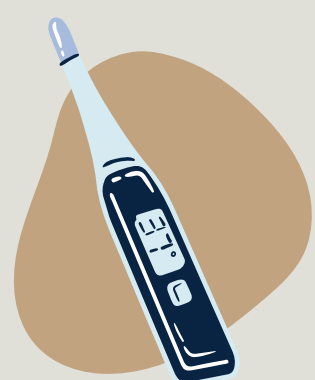
Quarantine if you have been in close contact with someone who has been sick with COVID-19

How do I quarantine?



Stay home for:

- **14 days** after the last contact with someone who has COVID-19



Monitor temperature and be alert for symptoms (shortness of breath, fever, cough, fatigue)

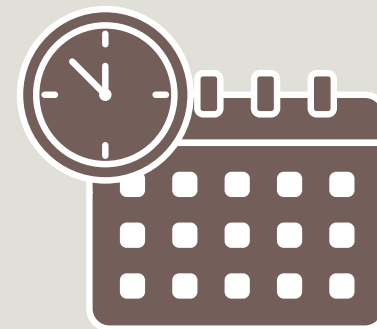


Stay away from individuals with **high risk** for severe illnesses

Isolation

Isolate if you have tested positive for COVID-19, **with or without symptoms**, and isolate from others in your home

How do I isolate?



Stay home for:

- **10 days** after the first appearance of symptoms
- And **24 hours** without a fever and no fever-reducing medications



When testing positive, but show no symptoms:

- Stay home until **10 days** have gone by since your last positive test



When living with others, stay away from additional individuals and animals. Use a different bathroom if possible and remain in a specific 'sick room'