

# 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**



- Stay home until 14 days after your last contact.



- 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
  - 3 days with no fever and
  - Symptoms improved and
  - 10 days since symptoms first appeared.



**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.

**TEMPORARY**

# ISOLATION ROOM

HELP US STOP THE SPREAD  
OF COVID-19

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PRACTICE  
SOCIAL DISTANCING