

COVID-19: QUARANTINE VS. ISOLATION

QUARANTINE

Keeps someone who was in **close contact** with an individual infected with COVID-19 away from others.

Stay home if you have been in close contact with someone who has COVID-19. Exemptions apply to those fully vaccinated or have tested positive for COVID-19 in the last 90 days. If you are sick after a close contact, regardless of vaccination status or past COVID-19 history, you need to isolate.

If you are fully vaccinated:

- You do NOT need to quarantine unless you have symptoms
- Wear a mask indoors in public for 14 days following exposure

If you are NOT fully vaccinated:

- Stay home for 10 days after your last contact with a person who has COVID-19 (or 7 days with a negative test on day 5)
- Watch for fever, cough, shortness of breath, or other symptoms of COVID-19
- If positive, stay away from people you live with, especially 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 away from others.

People who are in isolation should stay home and stay in a specific “sick room” or area and use a separate bathroom (if available).

If you are sick and think or know you have COVID-19, stay home:

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without the use of fever-reducing medication **and**
- Symptoms have improved

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

- Stay home until 10 days have passed since your positive test
- If you develop symptoms after testing positive, follow the steps above for those who are sick