COVID UPDATE 10/22/2020

What's the difference between **isolation** and **quarantine**?

- **Isolation** is what you do if you **have COVID-19 symptoms, or have tested positive**. Isolation means you stay home and away from others (including household members) for the recommended period of time (10 days self quarantine) to avoid spreading illness.
- **Quarantine** is what you do **if you have been exposed to COVID-19**. Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious. **Quarantine becomes isolation if you later test positive for COVID-19** or develop symptoms. (14 days self quarantine)
- **Isolation = have symptoms**
- **Quarantine = exposed to close contact (6ft for > 15 min)**

How long should I isolate myself?

If you have **confirmed or suspected COVID-19 and have symptoms**, you can **stop your home isolation when**:

- You've been fever-free for at least **24 hours without the use of fever-reducing medication *AND*** Your symptoms have gotten better, *AND* at least **10 days have gone by since your symptoms first appeared**.

If you tested positive for COVID-19, but have not had any symptoms, you can stop your home isolation when:

- At least 10 days have gone by **since the date of your first positive COVID-19 test**, *AND* You have not gotten sick with COVID-19.

How do I know if I've been exposed to COVID-19?

- You can get exposed when you come into **direct contact** with the **secretions (droplets)** of someone **who has COVID-19** (being coughed or sneezed on, kissing, sharing utensils, etc.). People often get exposed by a household member or through close contact with another person.
- **Close contact means** that you have been **within 6 feet of someone with COVID-19 for 15 minutes or more**. Some people get COVID-19 without knowing how they were exposed.

I had close contact with someone who has COVID-19 but I am not sick. What should I do?

- You should stay home and away from others. Check yourself for fever, cough, and shortness of breath for **14 days from the last day you had close contact with the person**. Do not go to work or school, and avoid public places for 14 days (self quarantine).

I had close contact with someone who tested positive for COVID-19 and now I'm sick. What should I do?

- If you were exposed to COVID-19 and get symptoms, you should stay home and away from other people, including household members (self isolate), even if you have very mild symptoms.

Contact your health care provider for a test. Tell them you were exposed to someone with COVID-19 and are now sick.