QUARANTINE keeps someone who was in contact with someone who has COVID-19 or who has traveled to a restricted state away from others, even at home.

IF YOU HAD CLOSE CONTACT WITH A PERSON WHO HAS COVID-19 OR TRAVELED:

- 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
  - At least 10 days since symptoms first appeared and
  - At least 72 hours with no fever without fever-reducing medication
  - Symptoms have improved

IF YOU TESTED POSITIVE FOR COVID-19 BUT DO NOT HAVE SYMPTOMS:

- Stay home until after
  - 10 days have passed since your positive test date

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.

This document was adapted from CDC’s COVID-19: Quarantine vs. Isolation