

WHAT IS THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?

Quarantine

Separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms.

Quarantine if you have been exposed and do not have COVID-19 symptoms.

Isolation

Separates sick people with a contagious disease from people who are not sick.

Isolate if you have tested positive and do not have COVID-19 symptoms. OR Isolate if you have been exposed and are experiencing symptoms consistent with COVID-19, whether or not you have been tested.

Source – HHS.gov

ISOLATION

I think or know I have COVID-19, and I have symptoms: Isolate

People who are in isolation should stay home until it is safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).

Stay home except to get medical care

Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately

- / Stay in a separate room from other household members, if possible
- / Use a separate bathroom, if possible
- / Avoid contact with other members of the household and pets
- / Do not share personal household items, like cups, towels, and utensils
- / Wear a mask when around other people if you are able

Employees who had mild to moderate illness and are not severely immunocompromised*

You can return to work/class and be with others after all three criteria are met

1. At least 10 days since the start of symptoms or the date you had your positive test
2. At least 24 hours with no fever without fever-reducing medication
3. Symptoms have improved

Employees who had severe to critical illness** or who are severely immunocompromised*

You can return to work/class and be with others after all three criteria are met

1. At least 20 days since the start of symptoms or the date you had your positive test
2. At least 24 hours with no fever without fever-reducing medication
3. Symptoms have improved

*The individual may be required to provide a fitness for duty certification from their healthcare provider.

** Severe to critical illness – if they were hospitalized for shortness of breath, pneumonia, low oxygen levels, respiratory failure, septic shock, and/or multi organ failure.

I tested positive for COVID-19, but have no symptoms: Isolate

People who are in isolation should stay home until it is safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).

Stay home except to get medical care

Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately

- / Stay in a separate room from other household members, if possible
- / Use a separate bathroom, if possible
- / Avoid contact with other members of the household and pets
- / Do not share personal household items, like cups, towels, and utensils
- / Wear a mask when around other people if you are able

You can return to work/class and be with others after both criteria are met*

1. 10 days have passed since the date you had your positive test
2. You continue to show no symptoms

*The individual may be required to provide a fitness for duty certification from their healthcare provider.

QUARANTINE

Who needs to quarantine? Anyone* who has been in close contact with someone who has COVID-19.

*This excludes people who have had COVID-19 within the past 3 months. People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

Steps to take

- / Stay home for 14 days after your last contact with a person who has COVID-19
- / Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- / If possible, stay away from others, especially people who are at higher risk for getting extremely sick from COVID-19

When to start and end quarantine

You should stay home for 14 days after your last contact with a person who has COVID-19. Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.

YOU CAN RETURN TO WORK/CLASS ON THE 15TH DAY OR THE FIRST WORKDAY AFTER YOUR 14-DAY QUARANTINE ENDS.