

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



- The best way to protect yourself and others is to stay home. If you develop symptoms contact your healthcare provider or local public health agency as soon as possible. All asymptomatic people may discontinue quarantine after Day 10 from the date of last exposure with or without testing.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.



- After release from quarantine continue to monitor for symptoms for the full 14 day incubation period.



- For Healthcare Workers and essential infrastructure staff shortage see CDPH guidelines for quarantine dated 12/14/2020.

*close contacts are considered a contact within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period.

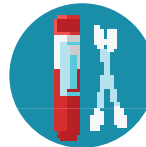
ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



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 24 hours with no fever without fever-reducing medication **and**
 - 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



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.