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

- Stay home until 14 days after your last contact.
- Check your temperature twice a day and watch for symptoms of COVID-19. You will be given a 14 Day Monitoring Log to record your temperature & symptoms.
- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

No symptoms of Covid? You may test for Covid no sooner than 7 days after your last exposure.

Symptoms of Covid? You may test immediately.

ISOLATION keeps someone who is sick or tested positive for COVID-19 away from others, even in their own home.

If you are sick & 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

Date symptoms first appeared: __________

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

Date of positive test: __________

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

Date Isolation ends: __________

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.

QUESTIONS? Call Health Services @ 864.622.6078

cdc.gov/coronavirus

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