

# SHOULD I *Quarantine or Isolate?*

*Although used interchangeably,  
the two terms have different meanings.*

## *Quarantine*

Quarantine is used when a person has been exposed to COVID-19 but is not yet sick. It can take anywhere from 2-14 days after exposure for someone to develop symptoms and spread to others.

If you are in close contact to someone with COVID-19, stay home for 14 days, watch for symptoms, and follow up with your healthcare provider to discuss testing options.

## *Isolation*

Isolation is used to separate people who are sick from everyone else, including those who live in their home.

A person should isolate when they either: test positive for COVID-19, are awaiting COVID-19 test results, or have symptoms that align with COVID-19. A person should stay under isolation until they meet the following criteria and/or are released by a healthcare professional: 10 days since symptoms started, fever free for 24 hours, and improvement of all symptoms.