

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.