**COVID-19 QUARANTINE VS. ISOLATION**

**QUARANTINE**
keeps someone who was in close contact with someone who has COVID-19 away from others.

Quarantine if you have been in close contact with someone who has COVID-19, unless you have been fully vaccinated.

**If you are fully vaccinated**
- You do NOT need to quarantine unless they have symptoms
- Get tested 3-5 days after your exposure, even if you don’t have symptoms
- Wear a mask indoors in public for 14 days following exposure or until your test result is negative

**If you are not fully vaccinated**
- 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 people you live with, especially people who are at higher risk for getting very sick from COVID-19
- Contact your local public health department for options in your area to possibly shorten your quarantine

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

People who are in isolation should stay home and stay in a specific “sick room” or area and use a separate bathroom (if available).

**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 the use of fever-reducing medications 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 viral test
- If you develop symptoms after testing positive, follow the steps above for those who are sick

[cdc.gov/coronavirus]