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 for 14 days after your last contact. Check your local health department’s website for information about options in your area to possibly shorten this quarantine period.

• Check your temperature twice a day and watch for symptoms of COVID-19.

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

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.

cdc.gov/coronavirus