

# 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.



**QUESTIONS? Call Health Services @ 864.622.6078**

**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.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

*Health Services @ Thrive Wellness Revised: July 21, 2020*