# 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.
* 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

Link to CDC Website: [COVID-19: Quarantine vs. Isolation](https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf) (https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf).

The End