



# QUARANTINE VS ISOLATION

## A GUIDE TO MANAGING COVID EXPOSURE AND INFECTION

(as of 1/9/2022)

As COVID-19 protection measures evolve, it can be hard to keep track of what to do and when to do it. We have compiled this guide with the most recent CDC guidance to help limit community spread of the COVID-19 virus.

### FIRST, SOME DEFINITIONS:

#### QUARANTINE:

**Means being cautious around others due to COVID-19 exposure.** Those who have been in close contact with someone who has COVID-19 and are unvaccinated need to quarantine to prevent disease spread. The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person with COVID-19. Stay home and away from other people for at least 5 full days.

#### ISOLATION:

**Means avoiding contact with others due to COVID-19 infection.** Those with a confirmed COVID-19 case need to isolate to prevent disease spread, even from those they live with. Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

### ISOLATION GUIDE

	ISOLATE	AFTER ISOLATION	TAKE PRECAUTIONS UNTIL DAY 10
<b>If you tested positive for COVID-19 or have symptoms, regardless of vaccination status</b>	<ul style="list-style-type: none"> <li>Stay home for at least 5 days and isolate from others in your home.</li> <li>Wear a well-fitted mask if you must be around others in your home.</li> </ul>	<ul style="list-style-type: none"> <li>If you have symptoms, end isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and symptoms are improving.</li> <li>If you have NO symptoms, end isolation at least 5 full days after your positive test.</li> <li>If you were severely ill with COVID-19, isolate for at least 10 days. Consult your doctor before ending isolation.</li> </ul>	<ul style="list-style-type: none"> <li>Wear a well-fitted mask any time you are around others inside your home or in public.</li> <li>Do not go places where you are unable to wear a mask.</li> <li>Avoid travel.</li> <li>Avoid being around people who are at high risk.</li> </ul>

## QUARANTINE GUIDE

	QUARANTINE	AFTER QUARANTINE	TAKE PRECAUTIONS UNTIL DAY 10
<b>If you were exposed to COVID-19 and are NOT up to date on COVID-19 vaccinations:</b>	<ul style="list-style-type: none"> <li>Stay home for at least 5 days.</li> <li>Wear a well-fitted mask if you must be around others in your home.</li> <li>Get tested, even if you don't develop symptoms, at least 5 days after your close contact with someone with COVID-19.</li> </ul>	<ul style="list-style-type: none"> <li>Watch for symptoms for the 10 days following the close contact.</li> <li>If you develop symptoms, isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</li> </ul>	<ul style="list-style-type: none"> <li>Wear a well-fitted mask when are around others.</li> <li>Do not go places where you are unable to wear a mask.</li> <li>Avoid travel.</li> <li>Avoid those at high risk.</li> </ul>
<b>If you were exposed to COVID-19 and are up to date with vaccination OR had COVID-19 within 90 days (you tested positive using a viral test):</b>	<ul style="list-style-type: none"> <li>No quarantine needed unless you develop symptoms.</li> <li>Get tested, even if you don't develop symptoms, at least 5 days after your close contact with someone with COVID-19.</li> <li>Continue to wear a mask in public.</li> </ul>	<ul style="list-style-type: none"> <li>Watch for symptoms for the 10 days following the close contact.</li> <li>If you develop symptoms, isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</li> </ul>	<ul style="list-style-type: none"> <li>Wear a well-fitted mask when are around others.</li> <li>Do not go places where you are unable to wear a mask.</li> <li>Avoid travel.</li> <li>Avoid those at high risk.</li> </ul>

**[Find a vaccine, booster or COVID test](#)**

**[nvcovidfighter.org/covid-19-vaccine-locator](https://nvcovidfighter.org/covid-19-vaccine-locator)**



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