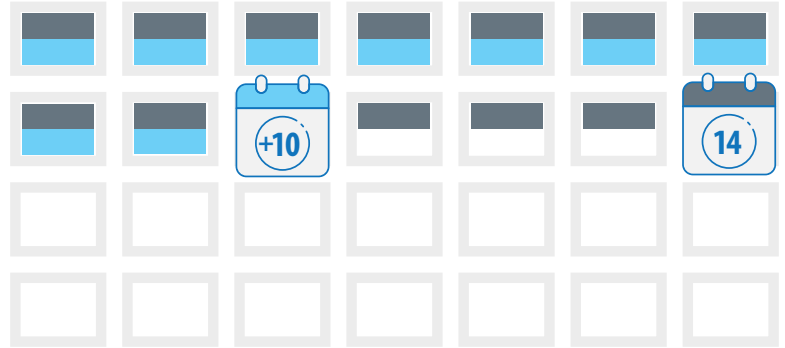


COVID-19 guidance

ISOLATION vs QUARANTINE

What's the Difference?



What is ISOLATION?

At least 10 days of staying home and away from others WHEN YOU'RE POSITIVE FOR COVID-19

- Stay home except for medical care.
- Isolate yourself from others in your household if possible (it impacts their quarantine time)
- Notify your healthcare provider ASAP (they don't always receive test results).
- Let your employer or school know you have COVID-19.
- You may not get a call from the health department, so fill out the self-reporting form at www.saginawpublichealth.org
- Notify close contacts so they can start to quarantine themselves.
- Only resume normal activities when the following have happened:
 - 10 days have passed since symptoms start or when you got tested if asymptomatic
 - Fever free for 24 hours
 - Symptoms improvement

What is QUARANTINE?

Staying home and away from others for 14 days AFTER EXPOSURE TO COVID-19

- Determine when you last came into close contact (within 6 feet for 15 minutes) with COVID+ person when they were contagious (anywhere from 48 hours before their symptoms developed or their test came back positive through their isolation period)
- Quarantine 14 days since that last contact. This is the **recommended** quarantine time period based on the upper bounds of COVID-19's incubation. An acceptable alternative is: 10* days with no symptoms, if your employer or school approves.
- If the contact is with someone in your household who hasn't isolated from you, your quarantine will be the 10 days of their isolation and either the following 10* or 14 days.
- Monitor yourself for symptoms and consider testing.

* There is a 1-10% chance of infecting someone.

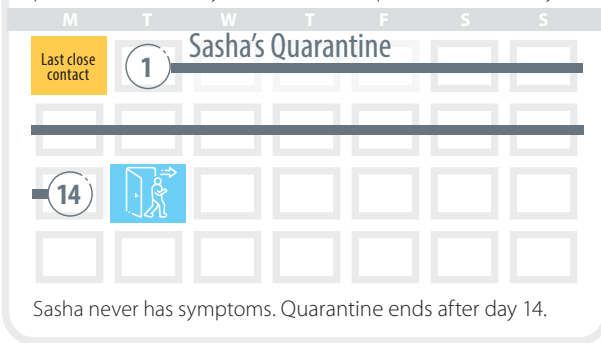
COVID-19 Positive or Exposed

When can I be around others again?

Scenario 1: Recommended

Close Contact and Quarantine

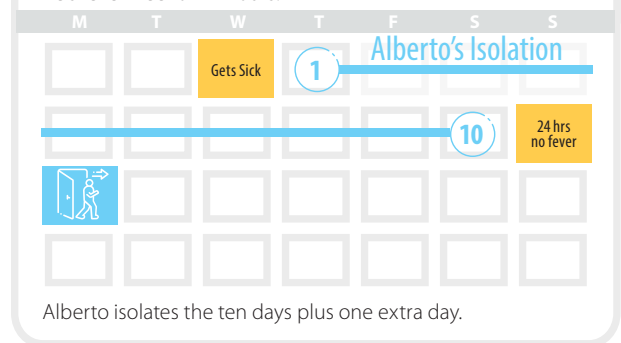
Sasha's partner gets sick on Monday and isolates in a separate room. Sasha feels well, but she was in close contact with her partner until Monday so she needs to quarantine for 14 days.



Scenario 2:

Isolation with Lingering Symptoms

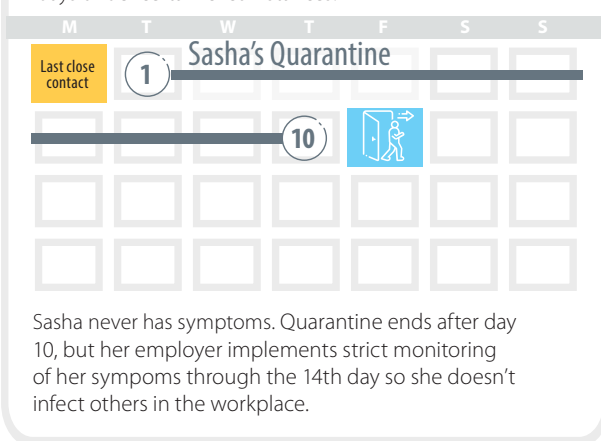
Alberto gets sick on Wednesday and has a fever and cough for ten days. He cannot end isolation until it's been ten days and he's fever-free for 24 hours.



Scenario 1: Acceptable

Close Contact and Quarantine

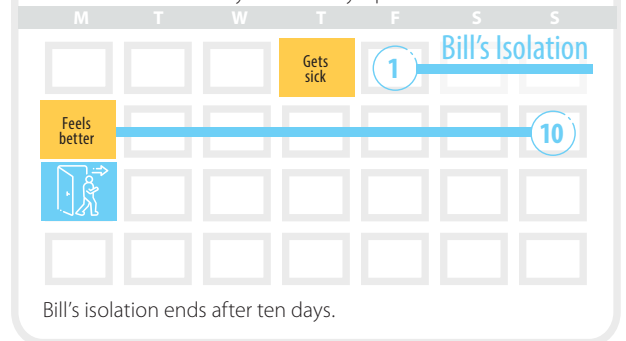
Sasha's partner gets sick on Monday and isolates in a separate room. Sasha feels well, but she was in close contact with her partner until Monday so it is acceptable to quarantine for 10 days under certain circumstances.



Scenario 3:

Isolation with Brief Illness

Bill gets sick on Thursday. He feels better and his fever ends on Monday. Even though he seems well earlier, he still must isolate for a full ten days since his symptoms started.



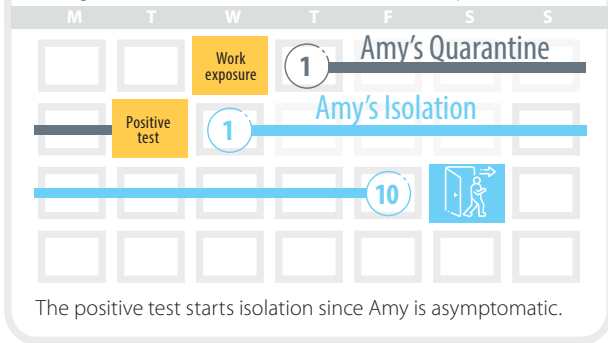
COVID-19 Positive or Exposed

When can I be around others again?

Scenario 4:

Asymptomatic Case

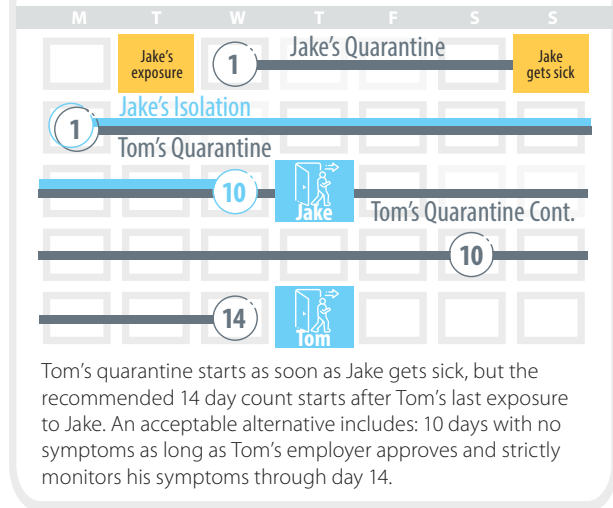
Amy's co-worker tested positive for COVID-19. Amy began to quarantine and decided to get tested after 5 days even though she never felt sick. Her test comes back positive.



Scenario 5:

Household Quarantine and Isolation

Tom's son, Jake, was exposed at school. Jake quarantines for 4 days and gets sick. Now, Jake isolates and Tom quarantines. Tom cares for Jake. He is exposed until Jake's isolation ends.



Isolation: for people with symptoms or a positive COVID-19 test.

Quarantine: for people who are well but who are close contacts of (i.e. exposed to) someone who is ill.

Close contact: someone who was within 6 feet of a person who is sick for 15 minutes or more (can be cumulative) within a 24-hour period. This can be anytime during the sick person's isolation or two days before the person got sick. This is regardless of face mask use.