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.
- If the contact is with someone in your household who hasn’t isolated from you, your quarantine will be 24 days – the 10 days of their isolation and the following 14 days.
- Monitor yourself for symptoms and consider testing.
- DO NOT use a negative test result to get out of quarantine.
- Stay home through the 14th day to make sure you don’t develop COVID-19 at any time during its incubation period and spread it to others.
COVID-19 Positive or Exposed
When can I be around others again?

Scenario 1:
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.

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.

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.

Sasha never has symptoms. Quarantine ends after day 14.

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.

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.

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.

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.

The positive test starts isolation since Amy is asymptomatic.