

# What is isolation?



Isolation is for people who test positive or have symptoms of COVID-19. You are infectious and can spread the virus to others starting 2 days before you first had symptoms until your isolation period is done. If you never had symptoms, you are infectious starting 2 days before the day you were tested for COVID-19. Anyone who came into close contact with you during this time should quarantine.

Even in your own home, you should stay away from other people as much as you can. Stay at home except to get medical care.

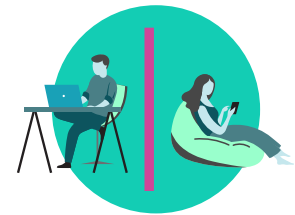
## Isolation means:



Stay in your house



If you are sick and need to be closer than 6 feet from someone in your house, both of you need to wear a mask



Stay in a different room from other people in your house



Use a different bathroom



Clean surfaces that are touched often  
(phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal)



Try not to use the same personal items as other people

12/2020

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## When can I end isolation?

You should isolate until you have been:

- Fever-free for 24 hours (this means you did not use medicine to lower your fever), and
- Your respiratory symptoms have improved for 24 hours, and
- It has been at least 10 days since you first got sick.
- If you did not have symptoms, isolate for 10 days from the day you were tested.

## How long do people who live with me need to quarantine?

It can be very hard to stay isolated from people who have COVID-19 and live in your home. Anyone who lives in your home should quarantine for 10 days from the last time they were in close contact with you during isolation. Every time they come into close contact with you while you are infectious, their 10-day quarantine starts over. They should not end quarantine before 10 days, even if they test negative.

## If you need medical care.

If your symptoms get worse or you feel like you need medical care, get medical help right away. It is safe to go to the hospital or doctor's office. Wear a mask and let the healthcare workers know you have tested positive for COVID-19.

If you have any of these emergency warning signs\*, get medical help right away:



**Trouble breathing  
or shortness of breath**



**Pain or pressure  
in your chest that  
does not go away**



**Feeling confused or  
cannot wake up easily**



**If your lips or face  
look bluish**

\*These are not all of the emergency symptoms. Call your doctor if you are worried.