

When to Self-Isolate vs. Self-Quarantine vs. Practice Social Distancing

If you...	Then you should...	More information
<p>Have symptoms of COVID-19 (with OR without a positive test)</p>	<p>Self-Isolate: <i>*Note: Do not wait for test results. Take these actions immediately.</i></p> <ul style="list-style-type: none"> • Stay home except to get medical care. Avoid public transportation. • Call your doctor for guidance. • Do not have visitors to your home. • Keep at least 6 feet from other people and animals in your home. As much as possible, stay in a specific room away from others. Use a different bathroom than others if possible. • Wear a mask, if possible, when using a common bathroom or other shared spaces in your home. • Cover your coughs and sneezes. • Wash your hands often, and clean all “high-touch” surfaces every day. • Don’t share household items like cups, utensils, glasses, towels, and bedding. • Monitor your symptoms. If symptoms worsen, contact your doctor immediately. • If you experience a medical emergency (shortness of breath, chest pain/tightness, new confusion, bluish lips, etc.), call 911 and notify dispatch personnel of your COVID-19 symptoms. 	<p>CDC: COVID 19 Symptoms</p> <p>CDC: What Do You Do if You Are Sick and When You Can Come Out of Self-Isolation</p> <p>CDC: Caring for Yourself at Home</p>
<p>Have been in close contact* with someone who has COVID19 or symptoms of COVID-19 but you do not have symptoms</p> <p><i>*within 6 feet of the person for a prolonged period of time (for example, living with, caring for, visiting, sharing a waiting room)</i></p>	<p>Self-Quarantine</p> <ul style="list-style-type: none"> • Stay home for 14 days after your last contact with the symptomatic person. Do not go to work, school, or public places. Avoid public transportation. • Do not have visitors to your home. • Cover your coughs and sneezes. • Wash your hands often, and clean all “high-touch” surfaces every day. • Don’t share household items like cups, utensils, glasses, towels and bedding. • Monitor your symptoms. If you develop symptoms (fever above 100.4F and cough or shortness of breath), self-isolate (see above) and contact your medical provider. • If you experience a medical emergency (shortness of breath, chest pain/tightness, new confusion, bluish lips, etc.), call 911 and notify dispatch personnel of your COVID-19 exposure. 	<p>CDC: If Someone in Your Home is Sick</p> <p>CDC: Caring for Someone at Home</p>
<p>In the past 2 weeks, have returned from travel to a high risk country or a cruise.</p>	<p>Self-Quarantine</p> <ul style="list-style-type: none"> • Take self quarantine measures listed above for at least 14 days after your return home. 	<p>CDC Travel Advisories; CDC Resources for Employers</p>
<p>Have no symptoms and no contact with someone who has symptoms. That is, everyone else!</p>	<p>Social Distancing and Stop the Spread of Germs</p> <ul style="list-style-type: none"> • Stay home except for essential trips (grocery store, medical care, essential work, etc.) • Avoid social gatherings of all sizes. When leaving your home, stay at least 6 feet apart from others. • Cover your coughs and sneezes. • Wash your hands often, and clean all “high-touch” surfaces every day. • Monitor your symptoms. If you develop symptoms (fever above 100.4F and cough or shortness of breath), self-isolate (see above) and contact your medical provider. 	<p>CDC How to Prepare Yourself and Your Family</p> <p>CDC: Manage Anxiety and Stress</p>