



COVID-19 Isolation and Quarantine Fact Sheet

Isolation and quarantine help protect the public by preventing exposure to people who are sick, or have been exposed to people who are sick. This includes people who have tested positive for COVID-19, or those who have not been tested but have the symptoms of COVID-19 (fever, cough and shortness of breath). Generally, a person's residence is the preferred setting for isolation and quarantine.

The difference between isolation and quarantine

ISOLATION

- Is for people who are already sick.
- Separates sick people from well people.
- If you have tested positive for COVID-19 **OR** if you develop fever, cough, and shortness of breath, you should be in isolation (stay away from others) until:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
 - At least **7 days** have passed since your symptoms first appeared.

QUARANTINE

- Is for people who are not sick, but who may have been in close contact with someone who is sick. Close contact means within six feet of a sick person for 10 minutes or more.
- Quarantined people:
 - Stay at home or in another location **for 14 days** so they don't spread the disease to healthy people.
 - Can seek medical treatment from a health care provider. In the case of COVID-19, **CALL** your health care provider or Southwest Health Systems' COVID-19 line at 970-564-2201.
 - If you have a medical emergency, call 911 and tell the dispatcher you are under quarantine for COVID-19.