

QUARANTINE



What is the difference?

ISOLATION



If you are exposed to COVID-19, you are asked to **QUARANTINE**, which means to stay home and watch for symptoms. The **safest option** is to quarantine for 14 days, **especially** if you live with a lot of other people or work in a crowded, indoor space (such as working in health care or living in a dorm).

Why?

To avoid spreading the virus before you know if you're sick.

How?

Stay home and avoid contact with anyone who is not a household member.

Quarantine ends:

- After 14 days if you still have no symptoms.
- If you cannot stay home for 14 days, you can consider returning to regular activities 10 days after exposure if you still do not have symptoms.
- Another option is to get tested between five and seven days after exposure. If you test negative and have no symptoms, you can return to normal activities on day seven.

No matter what, watch for symptoms for the full 14 days. If you test positive or develop symptoms, **ISOLATE**. → → →

Visit doh.wa.gov/WhenToStayHome for more information.

If you test positive for COVID-19 or have symptoms, you will be asked to **ISOLATE**.

Why?

To avoid spreading your illness.

How?

Stay home and avoid contact with others, including household members. Stay in a separate room and use a separate bathroom, if possible.

Isolation ends:

1. **At least 24 hours** after fever is gone without using medicine.



AND

2. **After other symptoms have improved** (for example, cough or shortness of breath).

AND

3. **When at least ten days** have gone by since your symptoms first appeared, or you tested positive.

