

COVID-19: Should you quarantine or isolate?

How to care for yourself and loved ones at home.

After you talk with your healthcare provider, what should you do?

Quarantine

if you were in close contact to someone with COVID-19.

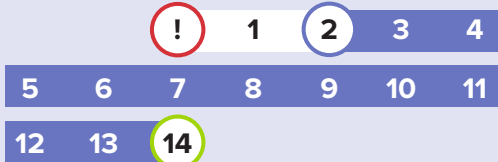
Stay home for 14 days after your last contact with someone who has COVID-19.

Health Department staff will help you determine your quarantine period.



Don't go to work or school.
Avoid public places.

Symptoms can appear 2-14 days after exposure.



Check your temperature twice a day and monitor for symptoms like:

- Fever.
- Chills.
- Cough.
- Shortness of breath.
- Difficulty breathing.
- Muscle pain.
- Headache.
- Loss of taste or smell.
- Sore throat.



Isolate

if you are:

- Sick with COVID-19 symptoms.
- Test **positive** for COVID-19.

Stay home until:

- 24 hours after fever is gone without using medicine.



AND

- Symptoms improve.



AND

- 10 days after symptoms started or date tested if you don't have symptoms.



Health Department staff will help you determine your isolation period.

Don't go to work or school.
Avoid public places.



If you live with others, set up a room where you won't be around people or pets.
Use a separate bathroom if possible.

Participate in a public health interview.

Health Department staff will call to review instructions and answer questions.



Call your healthcare provider immediately if your symptoms get worse.



Call 911 if you have a medical emergency.

Tell the dispatcher you have or may have COVID-19. Wear a face covering before emergency medical services arrive or you go to the emergency department.