

Isolation and Quarantine Explained

Isolation: Keeps COVID-19 positive cases away from others, even in their home.

Quarantine: Keeps someone who might have been exposed to COVID-19 away from others.

*I have COVID-19 but do not have any symptoms. How long is my **isolation**?*

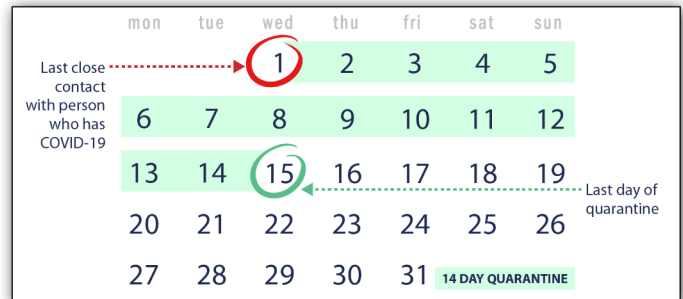
Answer: If you continue to have no symptoms, you can be with others after 10 days have passed since the date you had your positive test (10 days after you were tested).

*I have COVID-19 with symptoms. How long is my **isolation**?*

Answer: At least 10 days since symptoms first appeared and at least 24 hours with no fever without fever-reducing medication and other symptoms of COVID-19 are improving.

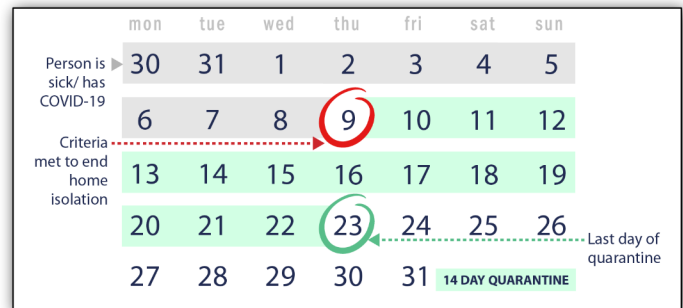
*I have been in close contact to someone with confirmed COVID-19. I do not live with this person. How long is my **quarantine**?*

Answer: 14 days, starting the day after your last exposure to the case.



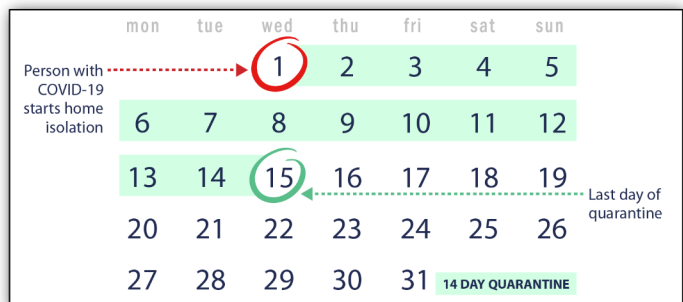
*I have been in close contact to someone with confirmed COVID-19. I live with this person. We have one bathroom in the house. When can I begin my **quarantine**?*

Answer: You need to quarantine immediately, and extend it for 14 day after the isolation period of the case ends. In other words, your quarantine extends 14 days after your high-risk exposure ends.



*I have been in close contact to someone with confirmed COVID-19. I live with this person. We have several bathrooms and bedrooms in the house, so the case can successfully isolate for 10 days within the home, and not expose others. When can I begin my **quarantine**?*

Answer: If you are able to successfully isolate the case for the entire duration of the 10-day period while they are infectious, then day one of your 14-day quarantine period can begin the day after separate isolation has been arranged.



Wear masks within a household when a case is living there. Make efforts to stop the spread. This is particularly important if elderly individuals or people with chronic disease live in the home. Wash hands, clean and sanitize high touch surfaces, and keep as much distance as possible.

Call your medical provider for any symptoms that are severe or concerning to you. For more information call the COVID-19 Hotline at the Garrett County Health Department at 301-334-7698.