

COVID-19 ISOLATION **AND** QUARANTINE

More Questions? Check out: www.vdh.virginia.gov/coronavirus/

What's the Difference?

Isolation

The separation of people **with COVID-19** from others.

People in isolation need to stay home and separate themselves from others in the home as much as possible.



Quarantine

The separation of people who were in **close contact**¹ with a person with COVID-19 from others.

People in quarantine should stay home and monitor their health closely in case they become ill.



When is it safe to resume normal activities?

I was sick with COVID-19

It is safe to end home isolation when:
At least **10 days** have passed since your symptoms first appeared

AND

You haven't had a fever for at least **24 hours** (without the use of medication) **and** other signs of illness are improving.

I was diagnosed with COVID-19 but never became sick

It is safe to end home isolation when:
At least **10 days** have passed since the day your test specimen was collected.

The person I was in contact with lives outside my home

VDH recommends that you quarantine (stay home) for 14 days after your last close contact with the person with COVID-19.

The person I was in contact with lives with me

If you are not able to separate completely² from the person with COVID-19, VDH recommends that you quarantine (stay home) for **14 additional days** after the person with COVID-19 was allowed to end isolation.

Staying home for 14 days after your last exposure is safest

If you are not able to stay home for 14 days **and** don't have symptoms, you may leave home:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.

If you end quarantine early or test negative during your quarantine period, you should still monitor for symptoms and follow all other recommendations (e.g., wear a mask, watch your distance, wash your hands often) for the full 14-day period.

1. Close contact means being within 6 feet of a person with COVID-19 for a total of 15 minutes or more over a 24-hour period **OR** having exposure to the person's respiratory secretions (e.g., coughed or sneezed on; shared a drinking glass or utensils; kissing) while they were contagious. A person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before test specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.

2. Separate completely means no contact, no time together in the same room, and no sharing of any spaces (including a bedroom and bathroom).