

COVID-19: When to Self-Quarantine and When to Self-Isolate



If you are being tested for COVID-19, please self-quarantine while you wait to receive the laboratory results from your healthcare provider.

What is self-isolation?

- Separate people infected with COVID-19 from people who are NOT infected
- People in self-isolation should avoid any activities outside their home except for getting necessary medical care



What is self-quarantine?

- Separate people who had close contact with a person with COVID-19 away from others without exposure
- Helps prevent spread of disease that can occur before a person knows they are infected with or without feeling any symptoms

When can I end self-isolation and leave my home?

Most persons with **MILD** or **MODERATE** COVID-19

- Discontinue isolation 10 days after symptoms have started AND
- No fever for at least 24 hours without use of medications AND
- Improved symptoms

Persons with **SEVERE** or **CRITICAL** COVID-19

- Extended isolation for up to 20 days after symptoms have started AND
- No fever for at least 24 hours without the use of medications AND
- Improved symptoms

Persons **WITHOUT** symptoms and tested positive

- Discontinue isolation after 10 days have passed from first positive test result date

When can I end self-quarantine and leave my home?

- Staying home for 14 days is recommended after your last contact with a person with COVID-19. This is the best way to prevent the spread of the disease.
- Quarantine can end after Day 10 **WITHOUT** testing AND **WITHOUT** any symptoms daily.
- Quarantine can end after Day 7 **WITH** a **NEGATIVE** test AND **WITHOUT** any symptoms daily.

What if I need to visit my doctor while I am waiting for my test results?

➤ Call your doctor first and tell them that you have been tested for COVID-19 and are waiting for results

➤ Wear a facemask when you go out

➤ Walk or take a private car. Do not ride public transportation or use ride-sharing.



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