COVID-19: ISOLATION AND QUARANTINE

Isolation and quarantine can stop COVID-19 in its tracks. When we are sick or have been around someone with COVID-19, here's how we can stop the spread.

ISOLATION

Who isolates?

Anyone who tests positive or has COVID-19 symptoms should separate themselves from being around others, as much as possible. This means only going out to seek medical attention. If possible, they should stay in their own room and use a separate bathroom from everyone they live with.

How long does someone isolate?

- **With symptoms, isolation lasts until all of the following are met:**
  - It's been 10 days since symptoms first appeared and
  - It's been 24 hours since fever went away (without the use of fever-reducing medication) and
  - Symptoms have improved.

  Note: The 24 hours without fever might occur within the 10 days of isolation, or after.
- **If you never develop symptoms,** isolation lasts for 10 days from the date of the first positive test. If symptoms develop, then follow the guidelines above.

QUARANTINE

Who quarantines and for how long?

Anyone who has been exposed to COVID-19 should stay home and not have contact with others, as much as possible, for 14 days after the last exposure. They should not go to work or school, see people socially, or run errands, and should monitor for symptoms (e.g., cough, shortness of breath, fever, chills, sore throat, runny nose, muscle pain, headache, new loss of taste or smell).

What counts as a possible exposure?

Exposure comes from being in close contact with someone who has COVID-19, and includes any of the following:

- Having direct physical contact (such as a handshake, hug, or kiss)
- Being within 6 feet for at least 15 minutes within a 24-hour period
- Coming into contact with the person's respiratory secretions (including being coughed or sneezed on, touching a used tissue, sharing personal items)
- Staying overnight at the person's home

Positive COVID-19 test
and/or
COVID-19 Symptoms

Exposure to COVID-19

Isolate

Quarantine

No less than 14 days.

14 DAYS

It can take up to 14 days after exposure before an infection develops. Quarantine lasts 14 days, unless you test positive (then you would begin isolation).

Exposure

Exposure comes from being in close contact with someone who has COVID-19.

YOU STOP THE SPREAD

What if we were wearing face coverings or personal protective equipment (PPE)?

It doesn't matter, you must quarantine for 14 days. Face coverings help stop the spread of COVID-19, but are not a perfect solution and do not replace physical distancing. Only medical-grade PPE, fitted for and worn by people trained in its use in a health care setting, reduces the risk enough to make quarantine unnecessary. Everyone else must quarantine for 14 days, regardless of the use of face coverings or PPE.

Why quarantine?

The purpose of staying home and not being around other people (e.g., not going to work, not seeing people socially, not running errands, etc.) is to stop the spread in case the person who was exposed to COVID-19 becomes infected.

If I test negative for COVID-19, can my quarantine end before 14 days?

No. It can take up to 14 days after exposure before an infection develops, so a negative test does not change the quarantine end date.

If I had COVID-19, recovered, and am re-exposed, do I have to quarantine again?

- If the new exposure to COVID-19 is **within 90 days** of first becoming sick or having a positive test **and**:
  - You do **not** have symptoms, you do not have to quarantine, and re-testing is not recommended.
  - You **have** symptoms, isolate until you are well for at least 24 hours. Contact your health care provider to be evaluated. If it is determined that you have a different illness, isolate according to the recommendations for that illness. If your health care provider cannot determine whether it is a different illness, follow their instructions for further evaluation.

    Note: If you live/work in a congregate/high risk setting, follow your facility's policy and rules on quarantine.
- If the new exposure to COVID-19 is after 90 days of first becoming sick or having a positive test, get re-tested and follow the instructions above for isolation (if positive) and quarantine (if negative).

Living with someone who has to isolate or quarantine

- If you live with someone who has symptoms or has tested positive for COVID-19, quarantine while they are in isolation. If you cannot avoid further close contact with them, the 14-day quarantine period begins the day they are released from isolation.
- If you live with someone who was exposed, you do not need to quarantine unless they become ill or test positive for COVID-19.

Financial help

Many people have lost jobs, work hours, and income during this difficult time. Needing to isolate or quarantine can add to financial pressure and stress. DHS has a list of resources that may be able to help. Check out: **www.dhs.wisconsin.gov/covid-19/help.htm**.

6 feet   6 feet   6 feet

Face coverings help stop the spread of COVID-19, but are not a perfect solution and do not replace physical distancing.

✓ Staying home
✓ Not going to work
✓ Not seeing people socially
✓ Not running errands

This all **stops the spread** in case the person who was exposed to COVID-19 becomes infected.

Re-exposed **within 90 days**
No symptoms: you do not have to quarantine or re-test
Symptoms: Isolate and contact your health care provider.

Re-exposed **after 90 days**
Isolate and get re-tested.

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YOU STOP THE SPREAD