

Quarantine

Quarantine is used to keep someone who might have been exposed OR has been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department. At home, anyone sick or infected should separate from others, stay in a specific “sick room” or area, and use a separate bathroom (if available).

Isolation

Isolation keeps someone who is sick OR someone who tested positive for COVID-19 without symptoms away from others, even in their own home. People in isolation should stay home until after 10 days have passed since your symptoms began, AND at least 24 hours without a fever AND 24 hours without medicine for your illness AND symptoms have significantly improved.

Stay home except to get medical care

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

- Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible. “Isolated” persons should be in a separate area from those in “quarantine”. (**notify school nurse if not possible*)
- Use a separate bathroom, if possible. “Isolated” persons should use a separate bathroom from those in “quarantine”. (**notify school nurse if not possible*)
- Avoid contact with other members of the household and pets.
- Don’t share personal household items, like cups, towels, and utensils.
- Wear a mask when around other people, *including household members*.

Watch for COVID-19 symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>