

When to Self-Isolate vs. Self-Quarantine vs. Practice Social Distancing

If you...	Then you should...	More information
Have symptoms of COVID-19 (with OR without a positive test)	<p>Self-Isolate: <i>*Note: Do not wait for test results. Take these actions immediately.</i></p> <ul style="list-style-type: none"> Stay home except to get medical care. Avoid public transportation. Call your doctor for guidance. Do not have visitors to your home. Keep at least 6 feet from other people and animals in your home. As much as possible, stay in a specific room away from others. Use a different bathroom than others if possible. Wear a mask, if possible, when using a common bathroom or other shared spaces in your home. Cover your coughs and sneezes. Wash your hands often, and clean all “high-touch” surfaces every day. Don’t share household items like cups, utensils, glasses, towels, and bedding. Monitor your symptoms. If symptoms worsen, contact your doctor immediately. If you experience a medical emergency (shortness of breath, chest pain/tightness, new confusion, bluish lips, etc.), call 911 and notify dispatch personnel of your COVID-19 symptoms. 	CDC: COVID 19 Symptoms CDC: What Do You Do if You Are Sick and When You Can Come Out of Self-Isolation CDC: Caring for Yourself at Home
Have been in close contact* with someone who has COVID19 or symptoms of COVID-19 but you do not have symptoms *within 6 feet of the person for a prolonged period of time (for example, living with, caring for, visiting, sharing a waiting room)	<p>Self-Quarantine</p> <ul style="list-style-type: none"> Stay home for 14 days after your last contact with the symptomatic person. Do not go to work, school, or public places. Avoid public transportation. Do not have visitors to your home. Cover your coughs and sneezes. Wash your hands often, and clean all “high-touch” surfaces every day. Don’t share household items like cups, utensils, glasses, towels and bedding. Monitor your symptoms. If you develop symptoms (fever above 100.4F and cough or shortness of breath), self-isolate (see above) and contact your medical provider. If you experience a medical emergency (shortness of breath, chest pain/tightness, new confusion, bluish lips, etc.), call 911 and notify dispatch personnel of your COVID-19 exposure. 	CDC: If Someone in Your Home is Sick CDC: Caring for Someone at Home
In the past 2 weeks, have returned from travel to a high risk country or a cruise.	<p>Self-Quarantine</p> <ul style="list-style-type: none"> Take self quarantine measures listed above for at least 14 days after your return home. 	CDC Travel Advisories ; CDC Resources for Employers
Have no symptoms and no contact with someone who has symptoms. That is, everyone else!	<p>Social Distancing and Stop the Spread of Germs</p> <ul style="list-style-type: none"> Stay home except for essential trips (grocery store, medical care, essential work, etc.) Avoid social gatherings of all sizes. When leaving your home, stay at least 6 feet apart from others. Cover your coughs and sneezes. Wash your hands often, and clean all “high-touch” surfaces every day. Monitor your symptoms. If you develop symptoms (fever above 100.4F and cough or shortness of breath), self-isolate (see above) and contact your medical provider. 	CDC How to Prepare Yourself and Your Family CDC: Manage Anxiety and Stress