**Know the Facts: Isolation vs Quarantine**

**What’s the difference between isolation and quarantine?**

While isolation serves the same purpose as quarantine, it’s reserved for those who are already sick. It keeps infected people away from healthy people to prevent the sickness from spreading.

**Guidelines for Isolation**

**Who needs to isolate?**

All people who think they may have been in close contact with a person diagnosed with COVID-19 are required to self-isolate for 14 days.

**Stay at Home**

During the 14 days of isolation, you must stay at home and not go to public places, including work, school, childcare, university or public gatherings. Only people who usually live with you should be in the home. Do not see visitors.

If you are well, there is no need to wear surgical masks at home. Ask others who are not in isolation to get food and necessities for you. If you must leave home, such as to seek medical care, wear a surgical mask. If you don’t have a mask, take care to not cough or sneeze on others.

**Monitor symptoms**

When in isolation, monitor yourself for symptoms including fever, cough, sore throat, tiredness or shortness of breath. Other possible symptoms include chills, body aches, runny nose and muscle pain.

If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) within 14 days of last contact of a confirmed case, you should contact a health care provider for screening to determine if testing is needed.

**Advice for others living with you**

Others that live with you are not required to be isolated unless they meet one of the isolation criteria outlined above. If you develop symptoms and are confirmed to have coronavirus, they will be classified as close contacts and will need to be isolated.

**Cleaning**

**Guidelines for Quarantine**

The CDC recommends:

Avoid leaving the house unless absolutely necessary such as a pre-planned visit to your health care provider.

Call ahead: While your local or state health department will most likely keep tabs on your health, you may need to see your doctor, too. “First, try a virtual visit. Or at least, call ahead first, so that the medical facility can take steps to prevent others from getting infected,” says Dr. Gordon.

At this time, the CDC says there’s no evidence that companion animals, including pets, can spread COVID-19. But it may still be good to still use caution. If you’ve been exposed to COVID-19, avoid petting, snuggling, being kissed or licked and sharing food during a coronavirus quarantine.

Don’t swap unwashed “dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home.

Handwashing should be your first line of defense when under quarantine. Don’t forget to cough or sneeze into your elbows or a tissue that you then throw away.