

BREAKING IT DOWN

ISOLATION VS QUARANTINE

WHAT ARE THE KEY DIFFERENCES?

Separates sick people with a contagious disease from people who are not sick.

If you test positive for COVID-19:

The CDC recommends that you isolate

Who needs to isolate when they test positive?

Everyone, regardless of their vaccination status

How do I isolate?

Stay home for 5 days, continue to wear a mask around others for 5 additional days. If your fever continues, to stay home until your fever resolves

Separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

If you were exposed to someone with COVID-19:

The CDC recommends that you quarantine & take a PCR test on the day 5 after being exposed. Wear a mask for up to 10 days after exposure.

Who needs to quarantine?

Anyone who is unvaccinated, OR completed either the J&J primary series 2+ months ago & are not boosted, or Pfizer/Moderna series 6+ months ago & are not boosted

IF YOU HAVE BEEN EXPOSED &

Received a booster shot

OR

Completed the primary series of the Pfizer or Moderna within the last six months

OR

Completed the primary series of the J&J within the last six months

The CDC recommends you wear a mask around others for 10 days, get a PCR test on day 5, & stay home if you develop symptoms

IF YOU HAVE BEEN EXPOSED &

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and **are not boosted**

OR

Completed the primary series of J&J over 2 months ago and **are not boosted**

OR

Are **NOT** vaccinated

The CDC recommends you stay home for 5 days. On day 5, get a PCR test and continue to wear a mask around others for 5 additional days. If you develop symptoms, get tested & stay home