



QUARANTINE vs. ISOLATION COVID-19 GUIDELINES*

Name: _____

Date _____ Time _____ QUARANTINE or ISOLATION begins [circle one]

Date _____ Time _____ QUARANTINE or ISOLATION ends [circle one]

**The following guidelines are recommendations in line with the Oklahoma State Department of Health and Centers for Disease Control and Prevention (CDC).*

Definitions of Close Contact/Exposure

- You were within six (6) feet of someone who has Covid-19 for at least 15 minutes starting from two (2) days before illness onset or positive specimen collection and neither of you wore face coverings
- You provided care at home to someone who is sick with Covid-19
- You had direct physical contact with the person (touched, hugged or kissed them) and neither of you wore face coverings
- You shared eating or drinking utensils
- They sneezed, coughed or somehow got respiratory droplets on you starting two (2) days from illness onset or positive specimen collection

QUARANTINE keeps someone who was in close contact/exposed (see guidelines above) to someone who has Covid-19 **away from others**, preventing the spread of the disease that can occur before a person knows they are sick.

Quarantine Tips

- **Stay home 24/7** and self-monitor for 14 days after your last contact
- **Check your temperature** twice a day and watch for [symptoms](#) of Covid-19
- **Social distance** from others
- **Stay away from other people** as much as possible, especially people at high risk for getting very sick from Covid-19
- **Wear a mask** if contact with other people cannot be avoided
- Family and roommates should **practice social distancing within the home**
- If symptoms develop, isolate and **seek testing** after third day of exposure to confirm Covid-19 illness

(more)

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Quarantine Date Calculator

- Had close contact with someone who has Covid-19 but you will not have further contact?
THEN: *The date of last close contact + 14 days = end of quarantine*
 - In close contact with someone who has Covid-19 and you live with the person but can avoid further close contact?
THEN: *The date person with Covid-19 began home isolation + 14 days = end of quarantine*
 - Under quarantine and had additional close contact with someone who has Covid-19?
THEN: *The date of additional close contact with person who has Covid-19 + 14 days = end of quarantine*
 - Live with someone who has Covid-19 and cannot avoid continued close contact?
THEN: *The date the person with Covid-19 ends home isolation + 14 days = end of quarantine*
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ISOLATION keeps someone who is sick or tested positive for Covid-19 without symptoms **away from others, even in their own home.**

Isolation Tips

If you are sick:

- **Stay home** until after three (3) days with no fever, and symptoms have improved, and 10 days since symptoms first appeared
- **Stay away** from family members and pets
- **Wear a mask** if you are near others
- **Avoid sharing** dishes, glasses, bedding and other household items
- Use a **separate** bathroom, if possible

If you tested positive for Covid-19, but do not have any symptoms:

- **Stay home** until after 10 days have passed since your positive test
 - If you live with others, stay in a specific “sick room” or area and **away from other people or animals**
 - Use a **separate** bathroom, if available
 - Family and roommates should **avoid contact** with sick person and practice self-quarantine (see “Quarantine Tips” above)
 - **Avoid sharing** personal household items
 - **Clean all “high-touch” surfaces** daily (counters, tabletops, knobs, phones, keyboards, etc.)
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*If you have further questions or concerns regarding **Quarantine vs. Isolation**, please contact:*

- ECU Health Services, 580-559-5713
- Pontotoc County Health Department, 580-332-2011
- Your personal care physician