## COVID-19: Should you quarantine or isolate?

**How to care for yourself and loved ones at home.**

### After you talk with your healthcare provider, what should you do?

<table>
<thead>
<tr>
<th>Quarantine</th>
<th>Isolate</th>
</tr>
</thead>
</table>
| if you were in close contact to someone with COVID-19. | if you are:  
- Sick with COVID-19 symptoms.  
- Test positive for COVID-19. |

#### Quarantine

**Preferred and highly recommended:**

- **Stay home for 14 days after your last contact.** If you can’t because of hardship, stay home for at least:
  - 10 days after your last contact.  
  - OR  
  - 7 days with a negative test result (test no sooner than 5 days after your last contact).

**Health Department staff will help you determine your quarantine period.**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Don’t go to work or school. Avoid public places.

Symptoms can appear 2-14 days after exposure. Monitor for symptoms until 14 days after close contact.

- Fever.
- Chills.
- Cough.
- Shortness of breath.
- Difficulty breathing.

Check your temperature twice a day and monitor for symptoms like:

- Muscle pain.
- Headache.
- Loss of taste or smell.
- Sore throat.

If you get any of these symptoms, isolate and call your healthcare provider.

#### Isolate

**Stay home until:**

- 24 hours after fever is gone without using medicine.  
- AND  
- Symptoms improve.  
- AND  
- 10 days after symptoms started or date tested if you don’t have symptoms.

**Health Department staff will help you determine your isolation period.**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Don’t go to work or school. Avoid public places.

If you live with others, set up a room where you won’t be around people or pets. Use a separate bathroom if possible.

**Call your healthcare provider immediately if your symptoms get worse.**

**Call 911 if you have a medical emergency.**

Tell the dispatcher you have or may have COVID-19. Wear a face covering before emergency medical services arrive or you go to the emergency department.

**Participate in a public health interview.**

Health Department staff will call to review instructions and answer questions.

Learn more and stay updated at tpchd.org/coronavirus.