

Isolation AND Quarantine

What's the difference?

Isolation

Separates sick people from people who are not sick



People in isolation need to stay home and separate themselves from others in the home as much as possible

Quarantine



Separates people who were in close contact with a person with COVID-19 from others

People in quarantine should stay home, limit their contact with other people, and monitor for COVID-19 symptoms

When can I return to normal activities?

I was sick with COVID-19

It is safe to discontinue home isolation when:

*At least **10 days** have passed since your symptoms appeared

AND

*You haven't had a fever for 24 hours

AND

*Your symptoms have improved



*Seek medical attention if you are unable to manage your symptoms!

I was diagnosed with COVID-19, but never became sick

It is safe to discontinue home isolation when:

*At least **10 days** have passed since your positive diagnostic test

For more information:

Visit Minnesota Department of Health at:
<https://www.health.state.mn.us/diseases/coronavirus/index.html>

The person I was in contact with lives outside my home

It is safe to discontinue quarantine when:

*At least **14 days** have passed since your last contact with the person with COVID-19

AND

*You remain healthy

The person I was in contact with lives with me

If you are **able** to separate completely from the person with COVID-19, it is safe to discontinue quarantine when:

*At least **14 days** have passed since your last contact with the person with COVID-19

AND

*You remain healthy

If you are **unable** to separate completely, it is safe to discontinue quarantine when:

*At least **14 days** have passed since the person with COVID-19 was allowed to end home isolation **AND**

*You remain healthy