

WHAT'S THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?

IF YOU HAVE BEEN IN CLOSE CONTACT WITH SOMEONE WHO HAS COVID-19, YOU SHOULD QUARANTINE YOURSELF.



- You need to stay home for 14 days following your contact with the infected person



- Check your temperature regularly and watch out for symptoms of COVID-19



- Stay away from others who are high-risk

IF YOU ARE SICK, OR HAVE TESTED POSITIVE FOR COVID-19, YOU SHOULD ISOLATE YOURSELF.



- Stay home for 10 days after your last positive test



- Be aware of your symptoms and seek medical care if they worsen



- If you live with others, stay in a specific room away from them, and use a separate bathroom if possible.