CORONAVIRUS (COVID-19)

For information call **2-1-1.** Those who are deaf or hard of hearing can text their ZIP code to **898-211.** Or email **DPHCall@delaware.gov.**

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

QUARANTINE vs ISOLATION?

SOURCES:
CENTERS FOR DISEASE CONTROL & PREVENTION

QUARANTINE

These are people typically referred to as close contacts. Quarantine separates and restricts the movement of people who possibly have been exposed to COVID-19 to see if they become sick. People in self-quarantine do not have symptoms (asymptomatic).

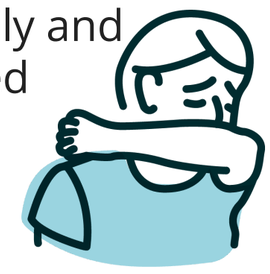
Fully vaccinated individuals exposed to someone with COVID do not need to quarantine. If they become symptomatic, they should isolate and get tested. Others living in the home, who are not under quarantine, can go to work or school. They will buy groceries, pick up prescriptions and monitor people being quarantined. They also will disinfect commonly used surfaces, do laundry and wash their hands frequently.

People under quarantine are asked to:

- Self-quarantine for 10 days, the presumed incubation period for the virus; ; may end quarantine earlier with a negative test by day 7.
- Close contacts should continue to self-monitor for symptoms for the full 14 days after exposure.
- Refrain from work, school, shopping, eating out, worship and other outside activities.
- Have no visitors and keep 6 feet away from family members.
- Monitor their health and call their doctor if they develop symptoms.
- Remain at home unless they need a doctor or emergency services. And then to call ahead to alert the health care provider.

ISOLATION

Separates people who are ill with COVID-19 from people who are not sick. People in self-isolation are a danger to their family and visitors. Their health must be monitored carefully in case it deteriorates.



People in isolation MUST:

- Stay in a separate room from other people in their home and isolate for 10 days since their first day of symptoms — or, if they have no symptoms, 10 days since their first positive test — and be fever-free without the use of fever-lowering medications for 24 hours.
- Use a separate bathroom.
- Have no visitors and keep 6 feet or more away from family members.
- Cough or sneeze into a tissue and dispose of the tissue in a lined trash can. Then, immediately wash their hands with soap and water for at least 20 seconds.
- Wash their hands frequently, even if they haven't coughed or sneezed.
- Avoid touching their eyes, nose and mouth with unwashed hands.
- Not share dishes, cups utensils, towels or bedding with anyone; wash these items after they are used.
- Disinfectant commonly used surfaces such as countertops, desktops, phones, keyboards, TV remotes and more.
- Not take the bus, a ride-sharing service or taxi.
- Wear a face mask if they must be around people at home, or in a car on their way to a medical appointment (after calling ahead). If they don't have a face mask, use a scarf or other garment.