

# 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](mailto: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, and have been exposed to someone with COVID-19. Quarantine means to stay at home and separate from others during a certain period of time to see if they become sick. Others living in the home, who are not under quarantine, can go to work or school, buy groceries, pick up prescriptions and monitor people being quarantined.

Fully vaccinated individuals exposed to someone with COVID do not need to quarantine. If they become symptomatic, they should isolate and get tested.

#### People under quarantine are asked to:

- Self-quarantine at home for 10 days; they may end quarantine on day 8 with a negative test on day 5, 6 or 7 after last exposure to a COVID-positive person.
- Continue to self-monitor for symptoms for the full 14 days after last exposure to the COVID-positive person. If at any time they become symptomatic, they should isolate at home and get tested.
- If the COVID-positive person is in your house, quarantine will begin as soon as the case is identified, and last until 10 days after your last exposure to that person.
- Refrain from work, school, shopping, eating out, worship and other outside activities.
- Have no visitors and keep 6 feet away from people you live with, especially people who are at higher risk for getting very sick from COVID-19
- Remain at home unless they need a doctor or emergency services. Call ahead to alert the health care provider that they are under quarantine.



### ISOLATION

Separates people who are positive for COVID-19, from people who are not. People with COVID-19 must stay home and isolate from others because they present a risk to non-infected family and visitors.

If they have symptoms and are sick, their health must be closely monitored in case it gets worse.



#### People in isolation MUST:

- Stay 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.
- Have no visitors over who don't already live in their home
- Not take the bus, ride-sharing service or taxi.
- Stay in a separate room from other household members, and use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets. If contact cannot be avoided, wear a face mask as much as possible. If they don't have a face mask, use a scarf or other garment.
- Do not share personal household items, like cups, towels, and utensils. Wash these items after they are used.

