

Stay Home, Quarantine, or Isolation? (COVID-19)

All three strategies are used to reduce the spread of COVID-19. How do they differ, who do they impact, and how long do they last?

What?

Safe Start, Stay Healthy

It's safest to stay home. If you have to go out, stay at least 6 feet from others. Minimize travel to essential trips. Wear a cloth face covering when in public areas. Wash your hands frequently.

Self-quarantine.

Stay home and limit interactions with others. A person can be contagious before symptoms begin and some may never show symptoms, so this is critical to prevent the spread. **Self-monitor.** Check for fever or respiratory symptoms.

Self-isolate

Do not leave home. Avoid others in your residence. Stay in a separate room. Disinfect surfaces regularly. Monitor for emergency warning signs that may require medical attention.*** Call your doctor before you go in.

Who?

Everyone.

No symptoms.

People who had exposure.

People who are close contacts** of lab confirmed cases of COVID-19. No symptoms and feel healthy.

People who have symptoms.

Has symptoms* of COVID-19 (regardless of exposure or test result).

How Long?

Until the restrictions for all phases of Washington's Safe Start Order have been lifted by Governor Inslee.

Until 14 days after exposure if you do not develop symptoms. If you do develop symptoms, start self-isolation.

No less than 10 days from symptom onset **AND** 72 hours after fever disappears **AND** improvement in respiratory symptoms.

Definitions:

* **Symptoms of COVID-19:** Cough, shortness of breath, fever, chills, shortness of breath, fatigue, muscle aches, headache, sore throat, congestion, nausea, vomiting, diarrhea, and new loss of taste or smell.

** **Close Contact:** Being within 6 feet of a person with a confirmed case for fifteen minutes or more.

*** **When to seek medical attention:** Emergency warning signs include trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face. This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.