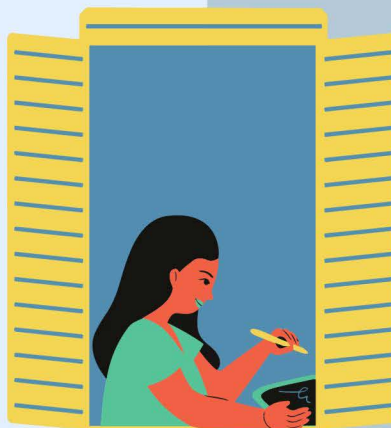# COVID-19
ISOLATION *vs* QUARANTINE

What's the Difference?

Isolation

The separation of people with COVID-19 from others.

People in isolation need to stay home and separate themselves from others in the home as much as possible. Separate completely means no contact, no time together in the same room, and **no sharing of any spaces.**

Quarantine

The separation of people who were in **close contact**[1] with a person with COVID-19 from others.

People in quarantine should stay home and monitor their health closely in case they become ill.

If you test negative during your quarantine period, you will still **need to complete the full 14 day**[2] **quarantine.**

When is it safe to resume normal activities?

I was sick with COVID-19

It is safe to end home isolation when:

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

AND

You haven't had a fever for at least **24 hours** without the use of medication and other signs of illness are improving.

I was diagnosed with COVID-19 but never became sick

It is safe to end home isolation when:

At least **10 days** have passed since the day your test specimen was collected.

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1. Close contact means being within 6 feet of a person with COVID-19 for a total of 15 minutes or more over a 24-hour period OR having exposure to the persons respiratory secretions while they were contagious. A person with COVID-19 is considered contagious starting from 2 days before they became sick (or 2 days before specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.
2. You may consider ending quarantine early after 10 days if you have no symptoms. Or after 7 days if you have no symptoms and you take a COVID PCR or antigen test on day 5 or later and receive a negative result.

The person I was in contact with lives outside my home

It is safe to end quarantine when:

At least **14 days**[2] 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 end quarantine when:

At least **14 days**[2] 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 end quarantine when:

At least **14 days**[2] have passed since the person with COVID-19 was allowed to end home isolation **AND** you remain healthy.

DESCHUTES COUNTY