What is the difference between quarantine and isolation?

Quarantine is for people who may have been exposed to COVID-19, but aren't sick yet. Isolation is for people who are sick or who have symptoms of COVID-19.

Quarantine

You may be asked to quarantine for 14 days if you were exposed to COVID-19. This means you were in close contact with someone who has COVID-19. Close contact means you were closer than 6 feet from someone who has the virus for 15 minutes or more.

Quarantine keeps you away from others so you don't infect someone else without knowing it. Symptoms of COVID-19 may appear 2-14 days after exposure. This is why you will be asked to quarantine for 14 days from the last date of exposure, because it can take 14 days for you to get sick.

If you are asked to quarantine, you should stay in your home and not go around other people as much as you can. You should not go to work, school, extracurricular activities, religious services, family gatherings, or other activities. If you must leave your home for essential items like groceries or to seek medical care, you need to take extra safety precautions. These safety precautions can be found on page 43.

If you get sick or have symptoms of COVID-19 while on quarantine, you should isolate and call a healthcare provider right away. You should be tested for COVID-19.

Isolation

If you have symptoms of COVID-19 or tested positive, you should isolate. This means you stay at home except to get medical care. If you tested positive for COVID-19, you should isolate until your symptoms have gotten better and you are fever-free for 24 hours and it has been at least 10 days since you first got sick or tested positive. This means you did not use medicine to lower your fever.

Fever Free for
24
Hours
AND
At least
10
Days

Without Medicine

If you are sick or have tested positive for COVID-19, try to stay in a different room in your home from other people. You should also try to use a different bathroom than other people. If you can't stay in a different room or use a different bathroom, stay as far away from other people in your home as possible. Wear a surgical mask if you need to be around other people. Try not to use the same personal items as other people. Clean surfaces that are touched often (phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).

Everyone who lives in your home should quarantine for 14 days from the last date of their exposure if someone in your home tests positive for COVID-19.

How long do students, teachers, and employees have to isolate at home?

Anyone who tests positive for COVID-19 should isolate until his or her symptoms get better and he or she has been fever-free for 24 hours without medicine AND it has been at least 10 days since he or she first had symptoms or tested positive. Students, teachers, and employees should not go to school or work until the health department has said they are done with isolation.

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UTAH ASSOCIATION of LOCAL HEALTH DEPARTMENTS

UTAH DEPARTMENT of HEALTH