

# What is the difference between quarantine and isolation?

**Quarantine** is when you have been exposed to the virus and may or may not be infected **AND** you do not have any symptoms.

**Isolation** is when you are sick or when you have been infected with the virus, even if you don't have symptoms. Isolation separates people who are infected with the virus from others, even in their own home. When in isolation / quarantine you should:

- Stay in a separate room from other members of your household, if possible.
- Use a separate bathroom from other members of your household, if possible.
- Clean your hands often. Wash your hands with soap and water, or use hand sanitizer if soap and water aren't available.
- Don't share personal household items, such as towels, bedding, cups and utensils.
- Wear a well-fitting mask, especially when you need to be around other people in your house.



# If you test positive for COVID-19, you should isolate.

**This applies to everyone, regardless  
of vaccination status.**

## **You should:**

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you may leave your house. You should continue to isolate until you are fever free for 24 hours without taking any fever reducing medications.
- Continue to wear a mask around others for 5 additional days.
- If you have a fever, continue to isolate.

It should be noted that certain settings such as health care, long-term care facilities and congregant living have different guidance.

## **Learn more from the CDC website:**

[www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)



# Treat “Day Zero” as the first day you experienced symptoms.

If you received a positive test but are asymptomatic, treat “Day Zero” as the day you tested positive.

- “Day One” of isolation is the first full day after you exhibited symptoms, or the first full day after you tested positive for asymptomatic people.
- You can leave isolation after five full days.



**For example:** If you have tested positive for COVID and experienced symptoms for the first time on a Sunday, Sunday is your Day Zero. Monday would be your Day One.

Friday would be your fifth full day of isolation, and you could leave isolation after completing the fifth day.



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# If you were exposed to someone with COVID-19 (quarantine) ...

**AND you are up to date on vaccination and have no symptoms, the guidance says:**

If you have been boosted

**OR**

Have completed the primary series of Pfizer or Moderna vaccine within the last 5 months

**OR**

Completed the primary series of J&J vaccine within the last 2 months

**You should:**

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

**If you develop symptoms get a test and stay home.**



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# If you were exposed to someone with COVID-19 (quarantine) ...

**AND are NOT UP TO DATE on your vaccination (see below for definition) or are unvaccinated the guidance says:**

If you completed the primary series of Pfizer or Moderna vaccine over 5 months ago and are not boosted

**OR**

Completed the primary series of J&J over 2 months ago and are not boosted

**OR**

Are unvaccinated

**You should:**

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

**If you develop symptoms get a test and stay home.**

*If you are immunocompromised, please speak with your medical provider to determine if you are up to date on your COVID-19 vaccination.*



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# When can I leave isolation if I had COVID-19 symptoms?

**If you tested positive for COVID and had symptoms, you can leave isolation after five full days if you meet the criteria below:**

- If you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved, you can end isolation after your fifth full day. The loss of taste and smell may last for months after your diagnosis, so you do not need to wait for those symptoms to subside before ending your 5-day isolation.
- If you continue to have a fever or your other symptoms have not improved after five full days of isolation, you should wait to end your isolation until you are fever free for 24 hours without the use of fever-reducing medication and your other symptoms have improved.

**After ending your isolation, you should still wear a well-fitting mask around others in your home and in public. If you cannot wear a mask around others or in public, you should isolate for a full 10 days.**



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