COVID-19
ISOLATION AND QUARANTINE

More Questions? Check out: www.vdh.virginia.gov/coronavirus/

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.

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 as much as possible, limit their contact with other people, and monitor their health closely in case they become ill.

When is it safe to resume normal activities?

I was sick with COVID-19

It is safe to discontinue home isolation when:
You haven't had a fever for at least **3 days**, other signs of illness are improving,

AND

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

I was diagnosed with COVID-19, but never became sick

It is safe to discontinue home isolation when:
At least **10 days** have passed since your positive diagnostic test

The person I was in contact with lives outside my home

It is safe to discontinue quarantine when:
At least **14 days** 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[2] from the person with COVID-19, it is safe to discontinue quarantine when:

At least **14 days** have passed since your last contact with the person with COVID-19 **AND** you remain healthy

If you are unable to separate completely[2], it is safe to discontinue quarantine when at least **14 days** have passed since the person with COVID-19 was allowed to end home isolation **AND** you remain healthy.

1. Close contact means being within 6 feet for 15 minutes or more
2. Separate completely means no contact, no time together in the same room, and no sharing of any spaces (including a bedroom and bathroom)