

# COVID-19: What is isolation, quarantine and self-observation?

	Isolation	Quarantine	Self-observation
<b>For whom?</b>	People sick with COVID-19 <b>or</b> People who tested positive for COVID-19, but did not have any symptoms.	People who were in close contact with someone with COVID-19 and are not vaccinated and have no symptoms. <b>or</b> have recovered from COVID-19 but it has been more than 3 months since your initial infection or first positive test (if you didn't have symptoms during your initial infection), and you have not had any COVID-19 symptoms since the new exposure.	Other Vermonters who don't have symptoms.
<b>Do I stay home?</b>	Yes	Yes	Staying home is still the best way to lower your risk. Follow prevention guidance when you go out.
<b>Can I go to work?</b>	No. Work at home if your job allows it and if you feel well enough.	No. Work at home if your job allows it.	Follow health and safety guidance while at work. Work at home if you can.
<b>Do I stay in a separate room in my home?</b>	Yes. Separate yourself from others in your home.	Yes. Separate yourself from others in your home.	No

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Can I go outside for walks or bike rides?	No	Only if you: <ul style="list-style-type: none"> <li>• don't have any symptoms,</li> <li>• are alone in an uncrowded place,</li> <li>• can stay at least 6 feet away from others at all times, and</li> <li>• can wear a mask at all times.</li> </ul>	Yes, but stay at least 6 feet away from people you don't live with. Wear a mask anytime you're around people you don't live with.
Can I go out for essential items like groceries and medication?	No	No	Yes, but stay at least 6 feet away from people you don't live with. Wear a mask. Wash your hands often and don't touch your face.
What if I start to feel sick?		Start isolation and call your health care provider.	Start isolation and call your health care provider.
For how long?	Until you have recovered. <sup>2</sup>	For 14 days* since you were exposed, and you have not had any symptoms. <sup>3</sup>	

<sup>2</sup> If you **had symptoms**, recovery is when all three of these things have happened (unless you get different instructions from your health care provider): 1) It's been 24 hours of no fever without the use of fever-reducing medication, **and** 2) Other symptoms have improved, **and** 3) At least 10 days have passed since any symptoms appeared.

Or if you **did not have symptoms** when you were tested, recovery is when 10 days have passed since the date of your first positive test (unless you get different instructions from your health care provider).

<sup>3</sup> For close contacts: 14 days since the day you were last in close contact with the person with COVID-19.

\*If you have not had any symptoms of COVID-19, you have the option to get tested on day 7 or later and end your quarantine with a negative test result. The test must be for a current infection (like a PCR test), except it cannot be an antigen test. Stay in quarantine until you get your results. If the results are negative, and you still don't have any symptoms, you can end your quarantine. However, continue to monitor yourself for symptoms for the full 14 days.