

# Quarantine

VS

# Isolation

**No symptoms** - Residents who have been exposed but have no symptoms.

**Symptoms**

**COVID-19 symptoms** - fever, cough, shortness of breath, etc.

**Clients**

- In residential or congregate settings, clients who require quarantine should be **separated from others for 14 days**.
- In nonresidential or non-congregate settings, clients should be sent home with **QUARANTINE** instructions and offered telehealth or telephone services, as available.

**Staff**

- Home **QUARANTINE** for 14 days.
- For critical shortages of essential workers, non-symptomatic staff may work with **a mask during 14-day quarantine period AND self-monitor for fever and symptoms every 12 hours (including while at work)**.

**Separation Details**

**Clients**

- In residential or congregate settings, clients should be separated from those who have no symptoms or exposure until **at least 7 days AND no fever for at least 3 days (72 hours) after recovery, defined as:**
  - No fever without the use of fever-reducing medications; AND
  - Improvement in respiratory symptoms; AND
  - At least 7 days have passed since symptoms first appeared.
- In nonresidential or non-congregate settings, clients should be sent home with **ISOLATION** instructions and offered telehealth or telephone services, as available.

**Staff**

- Home **ISOLATION** for **at least 7 days AND no fever for at least 3 days (72 hours) after recovery, defined as:**
  - No fever without the use of fever-reducing medications; AND
  - Improvement in respiratory symptoms; AND
  - At least 7 days have passed since symptoms first appeared.

## Cohorting in Residential/Congregate Settings

\*Cohorting describes the practice of grouping individuals together who have similar characteristics or levels of risk. Symptomatic/sick people can and should be cohorted with other symptomatic/sick people. People who are not sick and non-symptomatic but have been exposed to or in close contact with symptomatic/sick person(s) should be also be cohorted with other exposed but non-symptomatic. This protects others from getting sick in case the exposed person develops symptoms. Cohorting reduces transmission risks.

