

# THE DIFFERENCE BETWEEN SELF-ISOLATION AND SELF-QUARANTINE

Isolation and quarantine help protect the public by preventing exposure to people who have a contagious disease.

- **Isolation** separates sick, contagious people from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

## SELF-ISOLATE

**If you have been diagnosed with COVID-19, are awaiting results or have symptoms such as cough, fever, or shortness of breath:**

1. Stay in a specific “sick room” or area, away from people or animals, including pets. If possible, use a separate bathroom.
2. Remain in your area for a minimum of 7 days after your test, or 3 days after symptoms go away, whichever is longer. Follow any specific direction your health care provider may give you.
3. Leave your designated self-isolation area for medical emergencies only.
4. Continue to stay in your area if you become ill with a fever or cough. You should immediately contact a health care provider for instructions on treatment and testing.
5. **Call 9-1-1** if you need urgent care and let the dispatcher know your location and that you are in required self-isolation.

## SELF-QUARANTINE

**If you feel healthy but recently had close contact with a person with COVID-19 or traveled from outside the United States or on a cruise ship or riverboat:**

1. Check your temperature twice a day and watch for symptoms.
2. Stay home for 14 days **and** self-monitor.
3. Watch for **fever, cough or shortness of breath.**
4. If possible, stay away from people who are high-risk (elderly or people with chronic health conditions) for getting very sick from COVID-19.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

**Don't wait if you have symptoms.**

Call 2-1-1 for help, even if you don't have a primary care doctor.  
Dial 7-1-1 for those who are deaf or hard of hearing or  
e-mail [DPHCall@Delaware.gov](mailto:DPHCall@Delaware.gov).



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