

# 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 10 days **AND** no fever for at least 1 day (24 hours) after recovery, defined as:
  - No fever without the use of fever-reducing medications; **AND**
  - Improvement in symptoms; **AND**
  - At least 10 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 10 days **AND** no fever for at least 1 day (24 hours) after recovery, defined as:
  - No fever without the use of fever-reducing medications; **AND**
  - Improvement in symptoms; **AND**
  - At least 10 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 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.

