

# COVID-19: ISOLATION AND QUARANTINE

Isolation and quarantine can stop COVID-19 in its tracks. When we are sick or have been around someone with COVID-19, here's how we can keep our community safe.

## ISOLATION

### Who isolates?

If you test positive or have COVID-19 symptoms, separate yourself from others, as much as possible. This means not going to work or school and only going out to seek emergency medical attention. If possible, you should stay in your own room and use a separate bathroom from everyone you live with.

### How long do I isolate?

- **With symptoms, isolation lasts until all of the following are met:**
  - It's been 5 days since symptoms first appeared and
  - It's been 24 hours since fever went away (without the use of fever-reducing medication) and
  - Symptoms have improved.

**Note:** The 24 hours without fever might occur within the 10 days of isolation, or after.

- **If you never develop symptoms,** isolation lasts for 10 days from the date of the first positive test. If symptoms develop, then follow the guidelines above.

**Wear a well-fitting mask for an additional 5 days after you are released from isolation.**

## QUARANTINE

### Who quarantines and for how long?

**Anyone who has been exposed to COVID-19 should stay home and not have contact with others for at least 5 days.** They should monitor for COVID-19 symptoms and get tested at least 5 days after their last exposure. If they test negative and do not have symptoms, they can end quarantine. Wear a well-fitting mask around others for an additional 5 days after quarantine. If they develop symptoms or test positive, isolate and tell your health care provider what your symptoms are.

**People do not need to quarantine after they were exposed to COVID-19 if:**

- They tested positive within the last 90 days with a viral test **or**
- They are up to date with their COVID-19 vaccines (including boosters and additional primary doses for some immunocompromised people).

People who do not need to quarantine after exposure should still **wear a well-fitting mask around others for 10 days** after their last exposure. They should also **get tested at least 5 days** after their last exposure, unless they tested positive for COVID-19 in the last 90 days.



Positive COVID-19 test  
**and/or**  
COVID-19 Symptoms

Isolate

Exposure to  
COVID-19

Quarantine



**Quarantine for at least 5 days. Wear a well-fitting mask around others for 5 days after quarantine.**

**Everyone who has been exposed to COVID-19 should get tested at least 5 days after exposure and monitor for symptoms for 10 days, even if up to date on current COVID-19 vaccine recommendations.**

### What counts as a possible exposure?

**Exposure comes from being in close contact with someone who has COVID-19, and includes any of the following:**

- Having direct physical contact (such as a handshake, hug, or kiss)
- Being within 6 feet for at least 15 minutes within a 24-hour period
- Coming into contact with the person's respiratory secretions (including being coughed or sneezed on, touching a used tissue, sharing personal items)
- Staying overnight at the person's home



## QUARANTINE

### What if we were wearing masks or personal protective equipment (PPE)?

Even if everyone was wearing a mask, you still need to quarantine for 5 days. **If you were up to date on current COVID-19 vaccine recommendations when you were exposed to COVID-19**, you do not need to quarantine. You should still get tested at least 5 days after exposure and wear a mask around others for 10 days after exposure. You also do not need to quarantine if you have tested positive for COVID-19 in the last 90 days using a viral test. However, it is important to monitor for symptoms and wear a mask around others for 10 days after exposure. **If you were not up to date on current COVID-19 vaccine recommendations at the time of the close contact**, get tested at least 5 days after exposure and quarantine immediately after being notified of your exposure.

### I was previously diagnosed with COVID-19. Do I need to quarantine if I had close contact with someone with COVID-19?

If you are not up to date with your COVID-19 vaccines, **you may still need to quarantine**. Quarantine if it has been more than 90 days since you tested positive for COVID-19 with a viral test.

Note: If you live/work in a congregate/high risk setting, follow your facility's policy and rules on quarantine.

### When do I not need to quarantine?

#### You do not need to quarantine if:

- You tested positive for COVID-19 within the last 90 days with a viral test.
- It has been less than 5 months since you have completed your primary Pfizer or Moderna vaccine series.
- It has been less than 2 months since you received a Johnson & Johnson vaccine.
- You have received a recommended booster dose

If, at any time, you develop any symptoms of COVID-19, isolate from others, contact your health care provider, and get tested.

#### However, you should:

- Get tested at least 5 days after exposure and continue to monitor for symptoms for 10 days after your last close contact.
- Wear a mask in public indoor spaces for 10 days after exposure.

If, at any time, you develop any symptoms of COVID-19, isolate from others, contact your health care provider, and get tested.

### Living with someone who has to isolate or quarantine

- If you live with someone who has symptoms or has tested positive for COVID-19, quarantine while they are in isolation. If you cannot avoid further close contact with them, your 5-day quarantine period begins the day they are released from isolation. If you live with someone who was exposed, you do not need to quarantine unless they become ill or test positive for COVID-19.
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Wearing a well-fitting mask helps protect yourself and others from COVID-19., But, masks are not perfect and do not replace physical distancing.

- ✓ Staying home
- ✓ Not traveling
- ✓ Not going to work
- ✓ Not seeing people socially
- ✓ Not running errands



This all **stops the spread** in case the person who was exposed to COVID-19 becomes infected.

### Financial help

Many people have lost jobs, work hours, and income during this difficult time. Needing to isolate or quarantine can add to financial pressure and stress. DHS has a list of resources that may be able to help. Check out:

[www.dhs.wisconsin.gov/covid-19/help.htm](http://www.dhs.wisconsin.gov/covid-19/help.htm).

