



**QUARANTINE** keeps someone who was in close contact with someone who has COVID-19 away from others.

If you had close contact with a person who has COVID-19:



Stay home until 14 days after your last contact.



Check your temperature twice a day and watch for symptoms of COVID-19.



If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.



**ISOLATION** keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

If you are sick and think or know you have COVID-19:



Stay home until after

- 3 days with no fever and
- Symptoms improved and
- 10 days since symptoms first appeared

If you tested positive for COVID-19 but do not have symptoms:



Stay home until after 10 days have passed since your positive test.



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

For the latest updates and additional information on COVID-19, please visit [NRMChospital.org](https://www.nrmhospital.org).

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