



Isolation vs. Self-Quarantine

ISOLATION

What is isolation at home?

For people with mild symptoms of COVID-19, hospitalization may not be necessary. Instead, healthcare providers may recommend isolation at home, to limit further spread of the virus.

Isolation at home, self-isolation or home isolation means remaining at home or in a designated setting, in a single, dedicated, adequately ventilated room and preferably using a dedicated toilet. This measure can be recommended for people while showing symptoms or for a certain period of time.

While in home isolation, observe the following rules:

- Do not allow visitors.
- Only household members who are caring for the person suspected or confirmed of having COVID-19 should stay at home.
- Separate yourself from other people in the household. Use facemasks, if you have one, when in the same room with other people, to protect them.
- Stay in a well-ventilated room with a window that can be opened.
- If a dedicated toilet is not available, the isolated person should clean the toilet thoroughly after each use.
- Use separate towels, eating utensils, drinking glasses, bedding or any other household item commonly shared in the family setting.

Activate your support system: ask friends, neighbors or community health care workers for help to run essential errands, e.g. grocery and medicine shopping.

Avoid direct contact when interacting with them, for example, by arranging groceries to be dropped at the door. Wash hands directly before and after any interaction with others.

Follow the advice of your healthcare provider and call them if your condition worsens.

*All information obtained from: <https://www.ecdc.europa.eu/en/publications-data/leaflet-information-self-isolation-and-quarantine-after-exposure-covid-19>

QUARANTINE IF EXPOSED

Separates people and restricts their movement if they were exposed to a contagious disease to see if they become sick.



- For people who are not sick, but may have been exposed (in close contact with someone) who is sick.
- You must stay away from others for 14 days to see if you get sick.

14 DAYS

SELF-QUARANTINE

What is quarantine?

How can you protect yourself and others?

Quarantine refers to the separation and restriction of movement of people who have potentially been exposed to COVID-19, but who are currently healthy and do not show symptoms. In general, quarantine is mandatory and is mainly at home, duration is minimum **14 days**, but in specific situations can be done in a hospital or in dedicated facilities. If you are required or recommended by authorities to quarantine at home, please take into consideration the following:

Stay at home (i.e. don't go to work, school or public places) and:

- Self-monitor for appearance of COVID-19 symptoms, including fever of any grade, cough or difficulty breathing. If symptoms develop, call your local health care services for advice.
- If you become ill with symptoms of cough, fever and difficulty breathing, use medical facemasks, to protect those around you from getting infected.
- Arrange with your employer to work from home, if possible.
- Clean and disinfect your home, particularly frequently touched surfaces and toilettes.

Activate your support system: ask friends, neighbors or community health care workers for help to run essential errands, e.g. grocery and medicine shopping.

Keep in touch with family and friends via telephone, email or social media. Keep yourself informed on COVID-19 from trusted sources. Keep physically active to ensure good physical and mental condition.

ISOLATION IF YOU ARE SICK

Separates sick people with a contagious disease from people who are not sick.



- You must stay away from others for at least 7 days after your symptoms started and until all your symptoms have gone away.

7 DAYS