

Who should quarantine themselves at home?

Yes, it's confusing. Let's walk through it.

You have a cough and fever:

- [If you have had a test and actually been diagnosed with COVID-19](#), you need to stay home away from people for 7 days or until 72 hours after your fever and symptoms are gone, whichever is longer.
- [If you have NOT had a COVID-19 test](#), but you have had close contact with someone who has had a test and been diagnosed with COVID-19, you should isolate yourself at home (i.e. stay in a bedroom in your house away from others if possible) for 7 days OR until 72 hours after your fever is gone and your symptoms get better, whichever is longer.
- [If you have NOT been around anyone](#) who has been diagnosed (by test) with COVID-19, you should stay home away from others until 72 hours after the fever is gone and symptoms get better. You may have COVID-19 or you may have any number of other respiratory diseases circulating in our communities.

You feel fine:

- [BUT you have had close contact](#) with a sick person who has been diagnosed by test with COVID-19. Please monitor your health for fever, cough and shortness of breath during the 14 days after the last day you were in close contact with the sick person with COVID-19. You should not go to work or school, and should avoid public places for 14 days.
- BUT your kid or someone else in your household has a cough and a fever, but has NOT been tested for COVID-19. The sick person needs to stay home until their fever and symptoms have been gone for 72 hours. You and the rest of the household can continue to go to work and school as long as you feel well. There are many potential respiratory diseases that can cause cough and a fever.
- BUT a friend of a friend of yours has COVID-19. You can continue to go to work and school as long as you feel well. If you have not been around someone with COVID-19, the chances that it is COVID-19 are fairly low.
- BUT you are worried about your older or medically fragile friends and relatives. This is a time to practice social distancing. Refrain from shaking hands, high fives, and hugs, stand 6 feet or more away from other people or connect with people by phone, text and email. See if you can work from home. Wash your hands frequently.