









# COVID-19: What is isolation, quarantine and self-observation?

		Isolation	Quarantine	Self-observation
	<b>For whom?</b>	People sick with COVID-19 <b>or</b> tested positive for COVID-19 but did not have any symptoms.	People with no symptoms and who <ul style="list-style-type: none"> <li>• were in close contact with someone sick with COVID-19, <b>or</b></li> <li>• are returning to Vermont from out of the state (except select counties) for anything other than an essential purpose.<sup>1</sup></li> </ul>	Other Vermonters who don't have symptoms.
	<b>Do I stay home?</b>	Yes	Yes	Staying home is still the best way to lower your risk. Follow prevention guidance when you go out.
	<b>Can I go to work?</b>	No. Work at home if your job allows it and if you feel well enough.	No. Work at home if your job allows it.	Follow health and safety guidance while at work. Work at home if you can.

<sup>1</sup> Essential travel may include for food, medical care, care of others, or work for businesses that are allowed to operate.

# COVID-19: What is isolation, quarantine and self-observation?

		Isolation	Quarantine	Self-observation
	Can I go outside for walks, bike rides, hikes?	No, not until you have recovered. <sup>2</sup>	Going outside is okay as long as you are completely alone, until 14 days have passed and no symptoms have appeared. <sup>3</sup>	Yes, but keep six feet away from others, except people you live with. Wear a mask if it's crowded.
	Can I go out for groceries and other essential items like medication?	No, not until you have recovered. <sup>2</sup>	No, not until 14 days have passed and no symptoms have appeared. <sup>3</sup>	Yes, but keep six feet away from people you don't live with. Wear a mask. Wash your hands often and don't touch your face.
	Do I stay in a separate room in my home?	Yes, until you have recovered. <sup>2</sup>	If possible, until 14 days have passed, and no symptoms have appeared. <sup>3</sup>	No
	What if I start to feel ill?		Start isolation and call your health care provider.	Start isolation and call your health care provider.

<sup>2</sup> Recovery is when all three have happened (unless you get different instructions from your medical provider): 1) It's been 24 hours of no fever without the use of fever-reducing medication, **and** 2) Other symptoms have improved, **and** 3) At least 10 days have passed since any symptoms appeared.

**Or** if you didn't have symptoms when you were tested, recovery is when 10 days have passed since the date of your first positive test and you continued to have no symptoms.

<sup>3</sup> For close contacts: 14 days since the day you were last in close contact with the person with COVID-19. For returning travelers: 14 days since you were last outside of Vermont (excluding select counties). Information at [healthvermont.gov/covid19-travelguide](https://healthvermont.gov/covid19-travelguide).

\*You may get tested during your quarantine period if you never had any symptoms. Call your provider to arrange for testing on or after day 7. Stay in quarantine until you get your results. If the results are negative, and you still don't have any symptoms, you can end your quarantine.