

WHAT IS THE DIFFERENCE BETWEEN ISOLATION AND QUARANTINE?



For people who are sick, isolation:

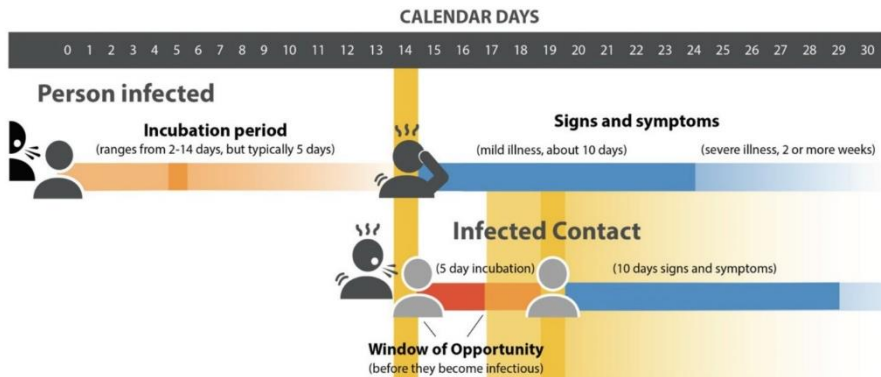
- Separates people infected with diseases like COVID-19 from those who are not
- Restricts movement of sick people to avoid spread of the illness
- Keeps people out of the public until the risk of transmission to others is low



For people who are not sick, but may have been exposed, quarantine:

- Restricts movement of people to monitor symptoms for early detection
- Prevents the spread of infection or contamination
- Should be communicated with clear guidelines from the authorities

INCUBATION PERIOD AND INFECTION PERIOD



Get COVID-19 Information at WWW.MACONCARES.ORG

MACON CARES

DO



Stay home, avoid public areas and mass transit.



Isolate yourself from others in your home.



Use a separate bathroom, if possible.



Call ahead before visiting the doctor.



Wash your hands often.



Wear a face mask around other people and pets.



Cover coughs and sneezes.

DON'T



Go outside for any reason.



Let in any non-essential visitors.



Have contact with pets and other animals, if possible.



Share space with housemates, if possible.



Share dishes, utensils, cups, towels or bedding.



Go to the doctor without calling ahead.



Discontinue home isolation until instructed.

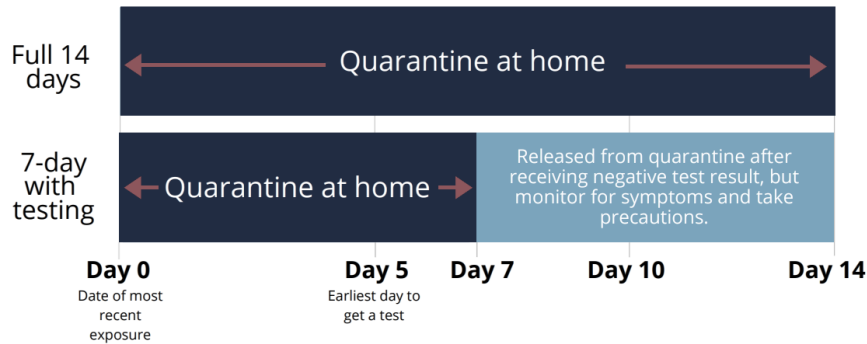
HOW LONG TO STAY IN QUARANTINE IF YOU HAVE BEEN EXPOSED

If you were exposed to COVID-19...



1. Stay home.
2. Watch for symptoms.
 - Fever
 - Cough
 - Shortness of breath
 - Chills
 - Muscle pain
 - Headache
 - Sore throat
 - Loss of taste or smell

Symptoms appear 2 to 14 days after exposure.



Tuskegee University Recommendations for Ending Quarantine

- No evidence of symptoms
- Negative PCR test taken at Day 7

HOW LONG TO STAY IN ISOLATION IF YOU HAVE TESTED POSITIVE

If you have COVID-19 or COVID-19 symptoms...



1. Stay home.
2. Don't go to work or visit with others outside your home.
3. Call your doctor if you have symptoms, especially if you are over 65, have other health conditions, or are pregnant.

Stay in isolation until...

1. 24 hours after your fever is gone without using medicine.
2. Your other symptoms have improved (for example, cough or shortness of breath).

AND

3. Ten days after your symptoms started.



Tuskegee University Recommendations for Ending Isolation

- No evidence of a fever, cough and/or related symptoms
- Symptoms have improved (e.g., cough or shortness of breath have improved)
- Received a negative PCR test