










# 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> People who 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 with COVID-19,</li> <li>are returning to Vermont from out of state for anything other than an essential purpose<sup>1</sup>,</li> <li>are visiting Vermont, <b>or</b></li> <li>have gathered with people they don't live with.</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 includes travel for personal safety, health care, care of others, parental shared custody, for food, beverage or medicine, for work, or for students who commute daily to attend preK-12 school, college or a school-sponsored activity.

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		Isolation	Quarantine	Self-observation
	Can I go outside for walks, bike rides, hikes?	No, not until you have recovered. <sup>2</sup>	Yes, but stay at least 6 feet away from others at all times and wear a mask, until 14 days* have passed and you have not had any symptoms. <sup>3</sup>	Yes, but stay at least 6 feet away from people you don't live with. Wear a mask anytime you're around people you don't live with.
	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 you have not had any symptoms. <sup>3</sup>	Yes, but stay at least 6 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, separate yourself from others in your home until you have recovered. <sup>2</sup>	Yes, separate yourself from others in your home until 14 days* have passed, and you have not had any symptoms. <sup>3</sup>	No
	What if I start to feel sick?		Start isolation and call your health care provider.	Start isolation and call your health care provider.

<sup>2</sup> If you **had symptoms**, recovery is when all three of these things have happened (unless you get different instructions from your health care 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 **did not have symptoms** when you were tested, recovery is when 10 days have passed since the date of your first positive test (unless you get different instructions from your health care provider).

<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 once you return to Vermont. For **visitors**: 14 days since you arrive in Vermont. For **people who gathered**: 14 days after the gathering. Information at [healthvermont.gov/covid19-travelguide](https://healthvermont.gov/covid19-travelguide).

\*If you have not had any symptoms of COVID-19, you have the option to get a PCR test on day 7 or later and end your quarantine with a negative test result. 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. However, continue to monitor yourself for symptoms for the full 14 days.