

Quarantine vs. Isolation. What do they mean?

Isolation: People with COVID-19 symptoms, diagnosed with COVID-19, or who are awaiting test results are to stay home.

Quarantine: People who are not sick and were recently around someone with COVID-19 are to stay home. Quarantine is 14 days. If a person develops COVID-19 symptoms during quarantine, they will be told to isolate.

Make the decision to stop home isolation with your healthcare provider. Call Oakland County Health Division Nurse On Call at 1-800-848-5533 with questions.

If you have symptoms do the following while you wait for your COVID-19 test results.

- **Monitor your symptoms.** Call your healthcare provider if they worsen (severe shortness of breath or high fever). Tell them you are waiting for your COVID-19 test results.
- **Stay home** – except to get medical care.
- **Use your own personal items** like drinking glasses, eating utensils, towels, and bedding. Family and household members should have their own items.
- **Avoid using public transportation** if possible.
- **Limit interaction with everyone.** Stay in a separate room in your home and use a different bathroom if possible.
- **Wear a mask or cloth face covering** and stay at least six feet from other people and pets. People near you who are over age 2 and healthy should also wear masks/cloth face coverings that cover their nose and mouth and stay at least six feet from you.
- **Use meal or grocery delivery services** when possible. Also ask family and friends for help.
- **Rest and drink water** to stay hydrated.
- **Clean and disinfect** surfaces touched often like light switches, doorknobs, remotes or tables.
- **Wash your hands** often with soap and water for at least 20 seconds. If you do not have soap and water, use hand sanitizer with at least 60% alcohol content.
- **Cover cough and sneezes.** Cough/sneeze into a tissue or your elbow, then immediately throw the tissue away and wash hands.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Consider those living with you.** If you live with older adults or people with health conditions like heart disease, lung disease, or diabetes, stay at another place while you get well if you can.



Monitor your symptoms



Stay at home



Get plenty of rest



Drink plenty of fluids



Clean and disinfect



Wash your hands



Cover your cough

If you do not have symptoms, do the following while you wait for your COVID-19 test results.

- **Stay home** – except to get medical care and until you get your test results.
- **Monitor for symptoms.** If you develop COVID-19 symptoms, call your healthcare provider and tell them you were recently tested for COVID-19 and are waiting for your results
- **Wash your hands** often with soap and water for at least 20 seconds. If you do not have soap and water, use hand sanitizer with at least 60% alcohol content.
- **Cover cough and sneezes.** Cough/sneeze into a tissue or your elbow, then immediately throw the tissue away and wash hands.
- **Clean and disinfect** surfaces touched often like light switches, doorknobs, remotes or tables.

What if my test results are positive?

- **Stay in isolation** and follow the instructions on the front of this handout.
- **Answer the call.** Oakland County Health Division will call to find out who you were in contact with recently to help keep them safe and healthy. They can help answer your questions.
- **Watch for severe symptoms or other health emergencies.** If you need to call 911, let them know that you have COVID-19.
- **Stay in contact with Oakland County Health Division.** Call 1-800-848-5533 with questions about isolation. Stay in isolation until you can check all 3 boxes below:
 - It has been 10 days since your positive test was taken or 10 days since your symptoms started **AND**
 - You have been fever free for 24 hours without taking fever-reducing medication **AND**
 - All symptoms have improved

What if my test results are negative?

You probably were not infected at the time you were tested. You could still get sick. The test result only means that you did not have COVID-19 at the time you were tested.

Someone called who said they are a contact tracer. Should I trust them?

If Oakland County Health Division staff call, answering your phone is important to help protect your friends, family, neighbors and coworkers.

- Oakland County Health Division staff will always identify themselves to you.
- Your name is not shared with anyone. Your contacts will never be told you tested positive.
- You will never be asked for personal identification like a Social Security Number, Driver's License, immigration status or credit card information.
- The contact tracer may ask how you are feeling, share tips, and ask about other people you were in contact with recently.

Learn more about slowing the spread of COVID-19 at www.oakgov.com/covid.
For questions call Nurse On Call at 1.800.848.5533.