# COVID-19

## Isolation and Quarantine


### What’s the Difference?

**Isolation**

The separation of people **with COVID-19** from others.

People in isolation need to stay home and separate themselves from others in the home as much as possible, **until it is safe to resume normal activities**.

**Quarantine**

The separation of people who were in **close contact** with a person with COVID-19 from others.

**Close contact** means having a possible exposure to someone with COVID-19. Learn more [here](http://www.vdh.virginia.gov/coronavirus/).

People in quarantine should stay home and monitor their health closely in case they become ill, **until it is safe to be around others**. There are **some exceptions** (i.e., for fully vaccinated or recently recovered people).

### When is it safe to resume normal activities?

#### I was sick with COVID-19

It is safe to end home isolation when:

- At least **10 days** have passed since your symptoms first appeared

  **AND**

- You haven’t had a fever for at least **24 hours** (without the use of medication) **and** other signs of illness are improving.

#### The person I was in contact with lives outside my home

VDH recommends that you quarantine (stay home for 14 days after your last close contact with the person with COVID-19).

#### The person I was in contact with lives with me

If you are not able to separate completely from the person with COVID-19, VDH recommends that you quarantine (stay home) for **14 additional days** after the person with COVID-19 was allowed to end isolation.

#### I was diagnosed with COVID-19 but never became sick

It is safe to end home isolation when:

- At least **10 days** have passed since the day your test specimen was collected.

#### Staying home for 14 days after your last exposure is safest

If you are not able to stay home for 14 days and don’t have symptoms, learn more about safely leaving home early [here](http://www.vdh.virginia.gov/coronavirus/).

If you end quarantine early or test negative during your quarantine period, you should still monitor for symptoms and follow all other recommendations (e.g., wear a mask, watch your distance, avoid crowds, wash your hands often) for the full 14-day period.