








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

		Isolation	Quarantine	Self-observation
	For whom?	People sick with COVID-19 or tested positive for COVID-19 but did not have any symptoms.	People with no symptoms and who <ul style="list-style-type: none"> were in close contact with someone sick with COVID-19, or are returning to Vermont from out of the state for anything other than an essential purpose.¹ 	Other Vermonters who don't have symptoms.
	Do I stay home?	Yes	Yes	Yes
	Can I go to work?	No. Work at home if your job allows it and if you feel well enough.	No. Work at home if your job allows it.	Work at home if you can. Only essential employees and some other employees should go to work.
	Can I go outside for walks, bike rides, hikes?	No, not until you have recovered. ²	No, not until 14 days have passed and no symptoms have appeared. ³	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. ²	No, not until 14 days have passed and no symptoms have appeared. ³	Yes, but keep six feet away from others, except people you live with. Wear a cloth 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. ²	If possible, until 14 days have passed, and no symptoms have appeared. ³	No
	What if I start to feel ill?		Start isolation and call your health care provider.	Start isolation and call your health care provider.

¹ Essential purpose travel includes travel required for food, beverage or medicine; medical care; care of others; and to perform work, services or functions deemed critical to public health and safety and economic and national security.

² Recovery is when all three have happened:

1. It's been three full days 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.

³ 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. Day 0 is the day of possible exposure.