

When to Self-Isolate vs. Self-Quarantine vs. Practice Social Distancing

If you...	Then you should...	More information
<p>Have symptoms of COVID-19 (with OR without a positive test)</p>	<p>Self-Isolate: <i>*Note: Do not wait for test results. Take these actions immediately.</i></p> <ul style="list-style-type: none"> Stay home except to get medical care. Avoid public transportation. Call your doctor for guidance. If you get a call from a contact tracer, answer the call and participate! Do not have visitors to your home. Keep at least 6 feet from other people and animals in your home. As much as possible, stay in a specific room away from others. Use a different bathroom than others if possible. Wear a mask, if possible, when using a common bathroom or other shared spaces in your home. Cover your coughs and sneezes. Wash your hands often, and clean all “high-touch” surfaces every day. Don’t share household items like cups, utensils, glasses, towels, and bedding. Monitor your symptoms. If symptoms worsen, contact your doctor immediately. If you experience a medical emergency (shortness of breath, chest pain/tightness, new confusion, bluish lips, etc.), call 911 and notify dispatch personnel of your COVID-19 symptoms. 	<p>CDC: COVID 19 Symptoms</p> <p>CDC: What Do You Do if You Are Sick</p> <p>CDC: When You Can Be Around Others Again</p>
<p>Have been in close contact* with someone who has COVID-19 or symptoms of COVID-19 but you do not have symptoms</p> <p><small>*within 6 feet for 15 minutes or more (for example, living with, caring for, visiting with)</small></p>	<p>Self-Quarantine</p> <ul style="list-style-type: none"> If you get a call from a contact tracer, answer the call and participate! Stay home for 14 days after your last contact with the person. Do not go to work, school, or public places. Avoid public transportation. Do not have visitors to your home. Cover your coughs and sneezes. Wash your hands often, and clean all “high-touch” surfaces every day. Don’t share household items like cups, utensils, glasses, towels and bedding. Monitor your symptoms. If you develop symptoms of COVID-19, self-isolate (see above) and contact your medical provider. If you experience a medical emergency (shortness of breath, chest pain/tightness, new confusion, bluish lips, etc.), call 911 and notify dispatch personnel of your COVID-19 exposure. 	<p>CDC: COVID 19 Symptoms</p> <p>CDC: If Someone in Your Home is Sick</p> <p>CDC: Caring for Someone at Home</p>
<p>In the past 2 weeks, have returned from travel to a high-risk state, country or a cruise.</p>	<p>Self-Quarantine</p> <ul style="list-style-type: none"> Complete the CT Travel Form (if returning from a high-risk state). Take self-quarantine measures listed above for at least 14 days after your return home. 	<p>CDC Travel Advisories</p> <p>CT Travel Advisory</p> <p>Travel Advisory FAQ</p>
<p>Have no symptoms and no contact with someone who is positive or has symptoms. That is, everyone else!</p>	<p>Keep Your Distance and Stop the Spread of Germs</p> <ul style="list-style-type: none"> Avoid large groups and social gatherings. Wear a mask or cloth face covering when in public. Stay at least 6 feet apart from others. Cover your coughs and sneezes. Wash your hands often, and clean all “high-touch” surfaces regularly. Monitor your symptoms. If you develop symptoms (fever above 100.4F and cough or shortness of breath), self-isolate (see above) and contact your medical provider. 	<p>CDC How to Prepare Yourself and Your Family</p> <p>CDC: Manage Anxiety and Stress</p>

Subject to change as new information and recommendations become available. Updated by the Norwalk Health Department 8/28/20.