

COVID – 19

WHAT IS ISOLATION, QUARANTINE AND SELF -OBSERVATION?

	ISOLATION	QUARANTINE	SELF-OBSERVATION
Can I go outside for walks, bike rides, hikes?	No, not until you have recovered. Symptom free for 72 hours with no medication reducers	No, not until 14 days have passed and no symptoms have appeared.	Yes, but keep six feet away from others, except people you live with.
Can I go out for groceries and other essential items like medication?	No not until you have recovered. Symptom free for 72 hours with no medication reducers	No, not, until 14 days have passed and no symptoms have appeared.	Yes, but keep six feet away from others, except people you live with. 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. Symptom free for 72 hours with no medication reducers	If possible, until 14 days have passed and no symptoms have appeared.	No
What, if I start to feel ill?		Start isolation and call your health care provider.	Start isolation and call your health care provider.