

ISOLATION **vs** QUARANTINE

NOTE: In **BOTH** isolation and quarantine, you **MUST** separate yourself from others.

ISOLATION

After you **develop symptoms** of COVID-19 and/or **test positive** for the virus you must go into isolation and **STAY APART** from others so you don't spread the virus. This includes asymptomatic people who test positive.

ASYMPTOMATIC – this means you have COVID-19 but you **DON'T** have any symptoms.

QUARANTINE

After you have had a **high-risk exposure** to COVID-19 you need to go into quarantine. This means **STOP** being in contact with people and **STAY APART**. This is in case you have contracted COVID-19 from them.

HIGH RISK EXPOSURES – more than 15 minutes contact with a person without either a) you having a mask on, b) them having a mask on, or c) if both of you were in a closed space.

IF YOU ARE IN EITHER ISOLATION OR QUARANTINE:

- You **MAY NOT** pop to see your neighbours just for 5 minutes – even if you are wearing a mask.
- You **MAY NOT** go to your friend's house to watch your favourite TV programme.
- You **MAY NOT** stand in the street and have a chat.
- You **MAY NOT** travel to another town.
- You **MAY NOT** go in a taxi.

SPEAK TO YOUR DOCTOR OR CLINIC NURSE IF YOU ARE UNSURE!