Do I Need to Stay Out of Circulation for COVID-19?

This guide is for people WITHOUT SYMPTOMS of COVID-19 who are NOT HEALTH CARE WORKERS.

**PERSON WHO TESTED POSITIVE FOR COVID-19**

**SHOULD BE IN ISOLATION**

**PERSON WHO WAS TESTED & IS AWAITING TEST RESULTS**

**SHOULD BE IN ISOLATION**

**PERSON WHO FEELS WELL BUT TRAVELED IN A LEVEL 3 AREA**

**SHOULD BE IN QUARANTINE**

---

**DEFINITIONS & TERMS:**

**Isolation** is for people with symptoms.

**Quarantine** is for people without symptoms.

**Symptoms** of COVID-19 are fever/cough/shortness of breath.

**Close contact** means being within 6 feet of a person for a prolonged period of time OR having direct contact with infectious secretions (e.g., coughed/sneezed on).

**Social distancing** means avoiding gatherings, staying 6 feet away from other people, working from home, if possible, etc.

---

**NOTES:**

- If you have a connection that is more distant than the options described above, practice **social distancing** (recommended for everyone right now).

- Everyone, regardless of symptoms, should keep track of where they’ve been in the past 7–10 days (other counties, classes, events, gatherings, stores, etc.) in case symptoms develop later on.

---

This guide, based on the best scientific advice currently available, is adapted from Harvard UHS, 3/16/2020.