REOPENING RI

What is the difference between **isolation** and **quarantine**?

Isolation and quarantine separate people who have or may have COVID-19 or another contagious disease from people who are not sick.

ISOLATION

Isolation is for people who are already sick whether or not they have symptoms.

Isolation separates and restricts the movement of sick people so they can't spread disease to healthy people.

Sick people should isolate at home, avoid contact with other household members, and only leave home for medical care.

If you are sick and need medical care, you can isolate in a hospital or healthcare facility.

QUARANTINE

Quarantine is for people who are not sick, but have been exposed.

Quarantine separates and restricts the movement of people who were exposed to sick people to see if they become sick.

Quarantined people should stay at home, avoid contact with other people, and only leave home for essential services.

If you are quarantined and have symptoms, contact your healthcare provider.

QUICK TIPS: Who in Rhode Island should quarantine?

- Any person arriving in Rhode Island from a location outside the 50 US states or the District of Columbia.
- Anyone who has traveled to a hot spot within the US. To find out if a state has been identified as a hot spot, please visit health.ri.gov/covid/travel and click the link for States with Current RI Travel Restrictions.
- Close contacts of someone who has symptoms of COVID-19. Close contacts have been within six feet of an infected person for at least 15 minutes starting from two days before illness onset (or, for asymptomatic patients, two days before specimen collection) until the time the patient is isolated.
- Additional guidance for public health, public safety, social service providers, and healthcare workers is available at www.health.ri.gov/publications/guidance/QuarantineGuidanceforCriticalInfrastructureWorkers.pdf

I recently traveled to Rhode Island from a country outside the US or from a hot spot within the US or have been in close contact with someone who has COVID-19. **What do I do?**

Symptoms
cough, shortness of breath or difficulty breathing, fever or chills, muscle or body aches, sore throat, headache, nausea or vomiting, diarrhea, runny nose or stuffy nose, fatigue, recent loss of taste or smell

Isolate at home.

Call your healthcare provider. Get a COVID-19 test.

If you need support to safely remain at home, call the Point at **401-462-4444**.

You can leave isolation after these three things have happened:

1. You have had no fever for at least 24 hours without the use of fever-reducing medications **and**

2. Your symptoms have improved **and**

3. If you test positive, at least 10 days have passed since your symptoms first appeared (20 days if you are immunocompromised*)

No symptoms

Quarantine for 14 days from date of contact or arrival in Rhode Island.

Rhode Islanders returning from travel within the 50 US states may schedule a free test at portal.ri.gov. You must quarantine while waiting for results.

Monitor for symptoms.

If you need support to safely remain at home, call the Point at **401-462-4444**.

If symptoms develop:

Isolate at home.
Call your healthcare provider.
Get a COVID-19 test.

If no symptoms develop:
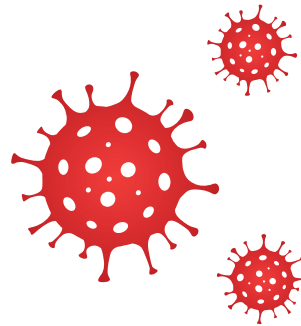
You **may leave quarantine** after 14 days.

If you test positive
Isolate at home. You may leave isolation when at least 10 days have passed since your first positive test.

If you test negative
Rhode Islanders returning from travel within the 50 US states may leave quarantine. Continue to monitor for symptoms and practice physical distancing.

Quarantining for 14 days is always preferred over relying on a negative test result. Quarantining is the best way to limit the possibility of spreading COVID-19.

*Immunocompromised is defined as:
• Currently receiving chemotherapy for cancer
• Untreated HIV infection with CD4 T lymphocyte count lower than 200
• Combined primary immunodeficiency disorder. Primary immunodeficiency disorders (PIDDs) are a group of inherited conditions affecting the immune system.
• Taking more than 20 mg a day of prednisone, for more than 14 days
• Other condition(s) determined by the treating healthcare provider

reopeningri.com | health.ri.gov/covid
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RHODE ISLAND DEPARTMENT OF HEALTH

RHODE ISLAND

What happens if I test positive?

• Your name and contact information will be shared with public health staff at the Rhode Island Department of Health (RIDOH) to help with case investigation.

• Someone from RIDOH will call you and ask for a list of people you have had close contact with during your infectious period.

• Stay at home, wash your hands frequently, wear a face mask, stay away from other people in your home, and clean "high-touch" surfaces (doorknobs, railings, phones, counters, faucet handles) every day.

What happens if I test negative?

• Your name and contact information will be shared with public health staff at RIDOH to help with case investigation.

• If you start having any symptoms of COVID-19 after the test, call your healthcare provider and ask if you should be tested again.

• Wash your hands often and stay at least six feet apart from other people.

• Wear a face mask when you leave your house.

• If you are sick, stay home from work.

• Clean "high-touch" surfaces (doorknobs, railings, phones, counters, faucet handles) every day.

• If you test negative for COVID-19, you most likely were not infected at the time your specimen was collected. However, that does not mean you will not get sick. It is possible that you were very early in your infection at the time of your specimen collection and that you could test positive later, or you could be exposed later and then develop illness. In other words, a negative test result does not rule out getting sick later. Even with a negative test, it is important for healthcare workers and others who have direct patient contact not to go to work sick.

Resources
Face masks health.ri.gov/covid/wearingmasks
Disinfecting www.cdc.gov/coronavirus/2019-ncov/downloads/disinfecting-your-home.pdf
Prevent getting sick www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf

How do I know when to quarantine?

• If you have been identified as a contact of someone who tested positive for COVID-19, you may be contacted by RIDOH. RIDOH will conduct an interview and will provide guidance on whether you need to quarantine and what that quarantine entails.

• If you have had close contact with someone who tested positive for COVID-19 and you have not been contacted by RIDOH, please stay at home for 14 days and monitor yourself for symptoms.

• Quarantine means:
  - Stay home.
  - Do not go to work, school, or public areas.
  - Do not use public transportation.
  - Distance yourself from others, including at home.
  - Monitor yourself for symptoms.
  - If symptoms develop, isolate at home. Call your healthcare provider. Get a COVID-19 test.
  - If no symptoms develop, you may leave quarantine after 14 days.

Resources
10 Tips health.ri.gov/publications/factsheets/COVID19-At-Home-Quarantine.pdf
RIDelivers oha.ri.gov/deliveryoptions

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