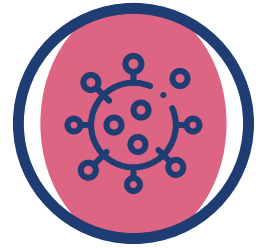


COVID-19: Quarantine vs. Isolation



Per LA County Department of Public Health Covid-19 orders, your doctor recommends you quarantine/isolate until: _____

QUARANTINE

keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19:

The best way to protect yourself and others is to stay home for 14 days after your last contact. Check your local health department's website for information about options in your area to possibly shorten this quarantine period



Check your temperature twice a day and watch for symptoms of COVID-19



If possible, stay away from people who are at higher risk for getting very sick from COVID-19

ISOLATION

keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19, stay home until after:

- At least 10 days since symptoms first appeared **and**,
- At least 24 hours with no fever without fever-reducing medication **and**,
- Symptoms have improved



If you tested positive for COVID-19 but do not have symptoms:

Stay home until after 10 days have passed since your positive test



If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.

Helpful Numbers:

Eisner Health: (213) 747-5542

Call for appointments or to speak to a case manager who will help connect you to other resources, such as food, housing, older adult supports, etc..

LA County Information Line: 211

Additional support line for essential community services and information.

California Covid-19 Information Line: (833) 544-2374

Your next appointment is scheduled for: _____

