

### ***Isolation or Quarantine: What's the difference?***

- **Quarantine** keeps someone who might have been exposed to the virus away from others.
- **Isolation** keeps someone who is infected with the virus away from others, even in their home.

### **Who needs to isolate?**

#### **People who have COVID-19**

- People who have [symptoms of COVID-19](#) and have tested positive for COVID-19
- People who don't have symptoms but have tested positive for COVID-19

### **Steps to take if you are COVID-19 positive:**

1. **Contact Nurse Tonya Marksberry to let her know of your positive test results.**
2. **Contact your supervisor to inform them of your positive test results. You will also be asked to provide your supervisor with the names of anyone on campus who would be considered your close contact (see below).**
3. **Stay home except to get medical care**
  - Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately
  - Stay in a separate room from other household members, if possible
  - Use a separate bathroom, if possible
  - Avoid contact with other members of the household and pets
  - Don't share personal household items, like cups, towels, and utensils
  - Wear a mask when around other people, if you are able to

### **Who needs to quarantine?**

**People who have been in [close contact](#) with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.**

People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

### **What counts as a close contact?**

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more in a 24-hour period
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

### **Steps to take if you are a close contact:**

1. **Contact Tonya Marksberry to inform her of your exposure.**
2. **Contact your supervisor to inform them of your exposure.**
3. **Stay home and monitor your health:**

- Stay home for 10 days after your last contact with a person who has COVID-19 (without testing).
- Stay at home for 7 days after your last contact with the person if you have a negative test result on day 5 or later.
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
- If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19

#### **What if you're the close contact of a close contact?**

Expanded contacts (those who have contact with the close contact of a positive person) will not be ordered to quarantine but will be advised to:

- remain vigilant about preventive practices
- monitor their health
- seek health care if they become symptomatic to limit the risk of exposing others

This can be a little difficult to follow so let's use an example: John Smith tested positive for COVID. John's spouse, Chris, is a close contact of John. The close contacts of John need to quarantine (this includes Chris). The close contacts of Chris do not need to quarantine. Instead, they just need to monitor their symptoms and follow COVID-19 protocols.

**If you have questions about any of these situations, please contact Tonya Marksberry ([tmarksberry@kwc.edu](mailto:tmarksberry@kwc.edu)) with questions.**

Thank you!