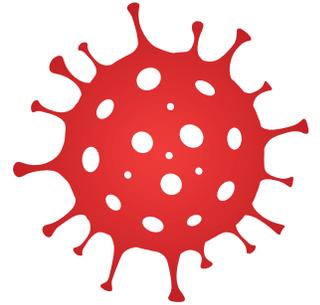


REOPENING RI

What is the difference between isolation and quarantine?

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.



ISOLATION

Isolation is for people who are already sick.



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



Isolation is a routine procedure in hospitals and healthcare facilities.



Isolation is usually voluntary, but officials have the authority to isolate people who are sick if necessary.

QUARANTINE

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



Quarantined people may or may not become sick.



Quarantined people should stay at home or another location so they don't spread disease to healthy people.



If you are quarantined and you become ill, you can seek medical treatment from a healthcare provider.



Quarantine can be voluntary, but officials have the authority to quarantine people who have been exposed to an infectious disease if necessary.

I recently traveled outside Rhode Island or have been in close contact with someone who has COVID-19*. **What do I do?**

Symptoms

(fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea)

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 two things have happened:

- You have had no fever at all, for at least 72 hours (three days, without the use of medicine that reduces fevers) and improvement in respiratory symptoms (cough, shortness of breath)
- AND**
- At least 10 days have passed since your symptoms first appeared.

No Symptoms

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

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.

You can leave isolation after these two things have happened:

- You have had no fever at all, for at least 72 hours (three days, without the use of medicine that reduces fevers) and improvement in respiratory symptoms (cough, shortness of breath)
- AND**
- At least 10 days have passed since your symptoms first appeared.

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 another state/county/locality that has a stay-at-home order still in place.
- Close contacts of someone who has symptoms of COVID-19
- Additional guidance for public health, public safety, social service providers, and healthcare workers is available at: www.health.ri.gov/publications/guidance/QuarantineGuidanceforCriticalInfrastructureWorkers.pdf

* Within six feet of a person who has been clinically diagnosed with COVID-19 by a licensed healthcare practitioner by assessment of symptoms or by laboratory testing.

REOPENING RI

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 you for a list of people you have had close contact with during your infectious period. If you were tested at the CVS Rapid Testing Site at Twin River Casino, a nurse practitioner from CVS will also contact you to review how you can prevent spreading COVID-19 to other people and how you can take care of yourself.
- Stay at home, wash your hands frequently, wear a face mask (or a [cloth face covering](#) if a mask is not available), 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 practice social distancing](#) (six feet between you and other people).
- Wear a cloth face covering 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.

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.
- Self-quarantine means:
 - o Stay home.
 - o Do not go to work, school, or public areas.
 - o Do not use public transportation.
 - o Distance yourself from others, including at home.
 - o Monitor yourself for symptoms.
 - o If symptoms develop, isolate at home. Call your healthcare provider. Get a COVID-19 test.
 - o If no symptoms develop, you may leave quarantine after 14 days.
 - o Self-quarantine resources:
 - o [10 Tips for At-Home Quarantine or Self-Monitoring](#)
 - o [RIDelivers](#)

06/09/2020