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, cough, shortness of breath, muscle aches (myalgias), chills, runny nose or stuffy nose, sore throat, headache, or 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 symptoms at all, including no fever, for at least 72 hours (3 days, without the use of medicine that reduces fevers)
- 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 symptoms at all, including no fever, for at least 72 hours (3 days, without the use of medicine that reduces fevers)
- At least 10 days have passed since your symptoms first appeared.

**Quick Tips: Who in RI should Quarantine?**
- Any person arriving in Rhode Island from a location outside the 50 US states or the District of Columbia
- Any person who returns to Rhode Island after domestic airplane travel (public health, public safety, and healthcare workers are exempt)
- Any person coming to Rhode Island from another state for a non-work-related purpose (public health, public safety, and healthcare workers are exempt)
- 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](http://www.health.ri.gov/publications/guidance/QuarantineGuidanceforCriticalInfrastructureWorkers.pdf)

* Within 6 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.
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.

What Happens If I Have Been Told To Quarantine?

• Your name and contact information will be shared with RIDOH to help you monitor for symptoms.

• You will receive an email with a letter explaining how to monitor your health while in quarantine. This email will also contain a COVID-19 Daily Symptom and Temperature Log where you can record your temperature each day.

• If you opted to receive daily text messages to help monitor your symptoms, you will receive these messages from a phone number that has an 844 area code. These messages will ask you if you developed symptoms each day.

• If you are not using the text messages and you develop a fever of 100.4°F or higher or you have any symptoms other than those listed on your Symptom and Temperature Log, please call RIDOH immediately.

• If you have been told to quarantine, please stay at home during this 14-day period. If you need support to safely remain at home during quarantine or isolation, call the Point at 401-462-4444. Visit www.RIDelivers.com for help in accessing mutual aid, prescriptions, groceries, and other supplies.