



COVID-19



WHAT DO ALL THESE TERMS MEAN?

▶ **INCUBATION PERIOD:**

the time from exposure to a disease to development of illness. For COVID-19, this can range from 2 - 14 days, with an average of 5 - 6 days.

▶ **ISOLATION PERIOD:**

the time an ill person is recommended to isolate (stay home and away from other) while they are infectious. For COVID-19, this is a minimum of 10 days from the date symptoms start (or the date a person is tested if they don't have any symptoms).

▶ **SELF-ISOLATION:**

For people with symptoms of COVID-19 but not sick enough to be hospitalized.

- ▶ Stay at home in a separate room from the rest of the household members.
- ▶ Use a separate bathroom if possible.
- ▶ Family and roommates should avoid contact with sick person and practice self-quarantine.
- ▶ Ill person should wear a mask and practice social distancing if they have to enter shared spaces.

▶ **SELF-MONITORING:**

For people without symptoms of COVID-19, but who had a low-risk exposure like being in the same workplace or restaurant at the same time as a COVID-19 case.

- ▶ Practice social distancing.
- ▶ Check and record temperature 2x a day and watch for COVID-19 symptoms.
- ▶ If symptoms develop, self-isolate and seek testing to confirm COVID-19 illness.

▶ **SELF-QUARANTINE:**

For people without symptoms of COVID-19, but who have a higher potential of developing illness due to having close contact (≥ 15 minutes of contact in < 6 feet of space) with a confirmed case of COVID-19.

- ▶ Stay home 24/7 and self-monitor for 14 days after last exposure to COVID-19 case.
- ▶ Family and roommates should practice social distancing within the home.
- ▶ If symptoms develop, self-isolate and seek testing to confirm COVID-19 illness.