How to quarantine when you think you have COVID-19

If you have been exposed to COVID-19, you should go get tested and then quarantine. Quarantining keeps you from spreading the virus unknowingly.

If you have been exposed to COVID-19, quarantine for 14 days or until you get a negative COVID-19 test.

The best way to quarantine is to stay at home. That isn't always realistic. So if possible, do not utilize crowded places, like super markets or public transportation. If you do leave the house, social distance, wash your hands, and wear a mask to protect others.

If you have ANY symptoms, call a provider and seek care.

Wondering what the difference is between Quarantine and Isolation?
Watch this video on our website for more information: denverpublichealth.org/HowToQuarantine

PROTECT your family

People in QUARANTINE and ISOLATION should stay at home and away from others unless seeking medical care.