



# WRANGELL PUBLIC SCHOOLS

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## Quarantine vs. Isolation

These terms can be confusing. Here is a quick primer on terms. As an overall framework:

- **Isolation** separates sick people with a contagious disease from people who are not sick. For COVID-19, an isolation period is 10 days. Remember: Ill = Isolation. Anyone diagnosed with COVID-19, even if they have no symptoms, must isolate from other people for a minimum of 10 days.
- **Quarantine** separates and restricts the movements of people who were exposed to a contagious disease to see if they become sick. Because COVID-19 can take from 2-14 days to incubate, or to grow enough virus to become contagious, a quarantine period for COVID-19 is 14 days from last exposure. Anyone who has been in close contact with a person diagnosed with COVID-19, even if they have no symptoms, must quarantine from other people for a minimum of 14 days regardless of test results in that period.
- Anyone who has been in close contact with someone who was exposed to COVID-19 (a contact of a contact) **does not need to quarantine.**

## General Quarantine Protocol

