



Why does a Case of COVID-19 self-isolate for 10 days but a High Risk Contact of COVID-19 self-isolates for 14 days?

Case: A person who tests positive for COVID-19
High risk contact: A person who spent time with a case of COVID-19 and is at risk of becoming sick

- Knowing the reasons why a case or contact needs to self-isolate can help explain the difference in time periods for self-isolation

<p style="text-align: center;">10 day Self-Isolation for a COVID-19 Case</p> <div style="text-align: center;">   </div>	<ul style="list-style-type: none"> When someone is a case of COVID-19 they are able to pass the virus to another person for up to 10 days after their symptoms started or they tested positive <ul style="list-style-type: none"> This is why each case of COVID-19 must self-isolate for 10 days The 10 day self-isolation period may need to be longer if the case: <ul style="list-style-type: none"> Still has a fever or has other symptoms that are not getting better Is really sick and needs treatment in an Intensive Care Unit (ICU) Has an illness or is taking a medicine that makes it harder for their body to fight COVID-19 (also known as being immune compromised) After 10 days, a case is no longer able to pass the virus to another person and can stop self-isolation Sometimes public health will ask a person to self-isolate for 10 days without a positive COVID-19 test, this person would be known as a “probable case”
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<p style="text-align: center;">14 day Self-Isolation for a High Risk COVID-19 Contact</p> <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> When a person has been in contact with a case of COVID-19 it can take up to 14 days for that person to show symptoms of COVID-19 Sometimes a person can have COVID-19 but have no symptoms, this is known as an asymptomatic case of COVID-19 <ul style="list-style-type: none"> Even with no symptoms a person may be able to pass the virus to other people A person who has symptoms could have passed the virus to others before their symptoms started This is why high risk COVID-19 contacts must self-isolate for 14 days A test can be done to see if a person has COVID-19 A high risk contact will most likely not become sick if 14 days have passed since they last spent time with a case of COVID-19
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Summary

- Self-Isolation for a COVID-19 case is 10 days because it can take a person 10 days to fight the virus and no longer be able to pass it to another person
- Self-Isolation for a high risk COVID-19 contact is 14 days because it can take a person up to 14 days to become sick after they last spent time with a case