

# Pascua Yaqui Tribe Health Services Division



## SLOW THE SPREAD

Laulauti ko'okoata ka chivehtine

## Isolation Vs. Quarantine

Isolation and quarantine help protect our community by preventing exposure to people who have or may have a contagious disease.

### Isolation

If you have tested positive with COVID-19, isolate for the duration of your sickness or until given further instructions from your health care provider.

#### **Isolation means:**

- Separating yourself from others that are not sick to reduce the spread
- Stay home and away from public places.
- Usually is around 14 days and or more if instructed by your health care provider.



### Quarantine

If you have been exposed to an individual who has tested positive for COVID-19, watch for symptoms which may include, cough, fever, and or shortness of breath.

#### **Quarantine means:**

- Restrict your movement.
- Stay home for two weeks, this will help slow the spread of the contagious disease.
- Monitor your symptoms and if you begin to feel ill,
- Contact your health care provider.



**For more information or questions, contact the Pascua Yaqui Tribe Health Services Division's Community Health Nursing at 520-879-6119 or 520-334-7691**

**<https://covid19.pascuayaqui-nsn.gov/>**