



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.

Isolate when positive:

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.
- Isolation should last at least 10 days or more if instructed by your health care provider.



Quarantine when exposed:

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/>