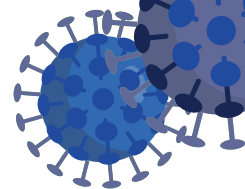


# The Quarantine



## What is a quarantine for COVID-19?

It is a public health measure to control the transmission of the virus that causes COVID-19.

It is indicated to avoid contact between people exposed to the virus and other people during the period in which they can develop and transmit the infection.



## When is quarantine indicated?

When a person has been in close contact with a someone diagnosed with COVID-19

## What does quarantine involve?

The recommended measures, to the extent possible: are to remain alone in a room of the house for as long as possible, to have a separate bathroom and to wear a surgical mask whenever you need to leave the room.

In this case, cohabitants must also wear a surgical mask. Nor should you leave your home during quarantine.



## How long does the quarantine last?

10 days from the last contact with the confirmed case. The quarantine is 10 days because most people develop symptoms in the first 10 days after being exposed to a COVID-19 case. Monitor for symptoms during the quarantine and also during the next 4 days its completion.

## Why is it important to keep quarantine?

The virus that causes COVID-19 can be transmitted from two days before the onset of symptoms. It can also be transmitted by asymptomatic people. Even if a negative result is obtained from a diagnostic test at the beginning of the quarantine period, it is important to continue to its completion, since symptoms of the disease may appear after the result of the diagnostic test and throughout the entire period of quarantine.



Consult official sources for information

[www.mscbs.gob.es](http://www.mscbs.gob.es) @sanidadgob

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