



# Need Support to Isolate or Quarantine?

King County is here to help



## ISOLATION VERSUS QUARANTINE: WHAT'S THE DIFFERENCE?



### ISOLATION

Isolation is for people who test positive for COVID-19 or have symptoms like fever, cough, or shortness of breath. By staying away from others (isolating) while you're sick, you can avoid infecting housemates and people in the community.



### QUARANTINE

Quarantine is for people who are feeling well but have been in close contact with someone who has COVID-19. During quarantine, health experts recommend you stay away from others for 14 days and watch for symptoms.

## WHAT IS AN ISOLATION AND QUARANTINE (I&Q) CENTER?

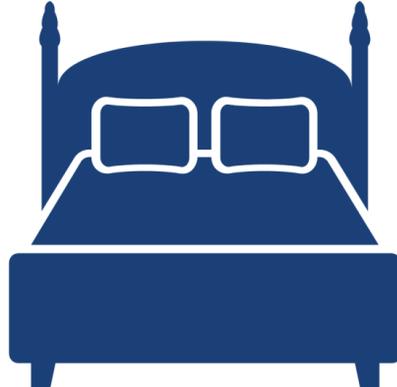


I&Q Centers provide a safe, clean, and comfortable place to stay for people who can't safely self-quarantine or isolate in their own home, or don't have a home.

I&Q Centers serve two vital functions: they make it easier for you to get through a very difficult situation and they also slow down the spread of COVID-19.

If you would like to isolate or quarantine at home but are having trouble meeting your basic needs, such as getting food or medication, please call us. We'll try to connect you to resources.

## WHO CAN STAY AT A KING COUNTY ISOLATION & QUARANTINE CENTER?



Essential workers with a high-risk person at home



Travelers



People living in multigenerational households



People without permanent housing



People in group living settings like shelters, group homes, and dorms



Anyone who is unable to isolate or quarantine at home

## WHAT SERVICES CAN I EXPECT AS A GUEST AT A KING COUNTY ISOLATION & QUARANTINE CENTER?



Meals That Honor Dietary Requirements



Regular Medical Check-Ins



Mental Health Support



A Safe Space with Clean Linens & Laundry Service



Snacks and Toiletries



Cable TV or Portable Tablet



24/7 Phone Assistance & Language Access



24/7 Security



Transportation to & from the Location



### Call to Access Services

Call the King County COVID-19 Call Center to see if isolation and quarantine services are right for you. Interpretation is available.

Phone #: (206) 477-3977 Hours: 8 AM - 10 PM daily

Learn more: [kingcounty.gov/covid](https://kingcounty.gov/covid)