



# Need Support to Isolate or Quarantine?

King County is here to help

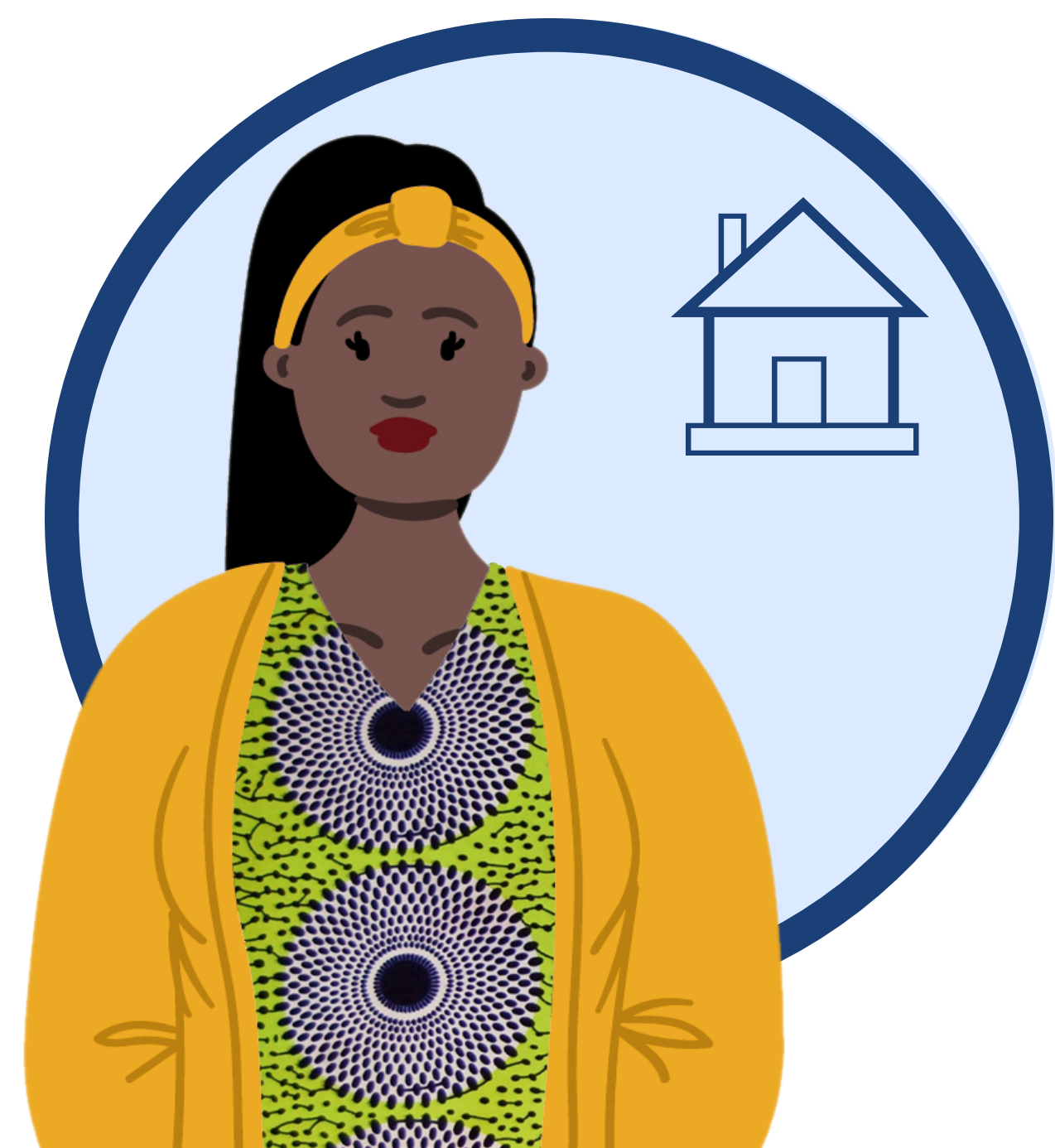


## ISOLATION VERSUS QUARANTINE: WHAT'S THE DIFFERENCE?



### 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?



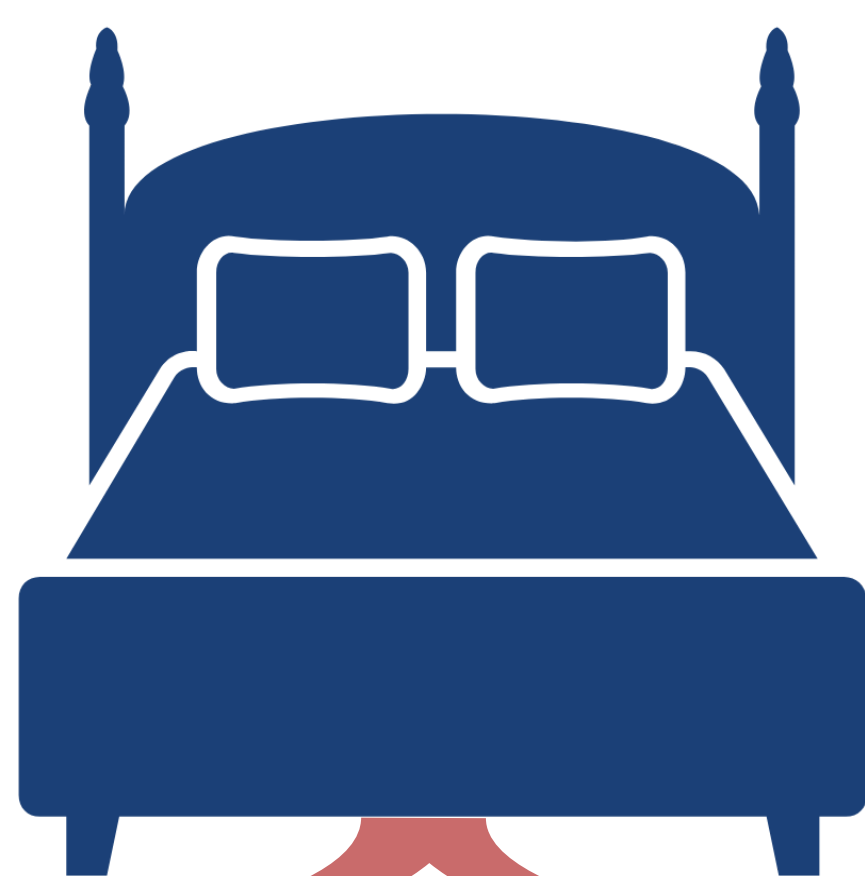
I&Q Centers provide a safe, clean, and comfortable place to stay for people who can't safely self-quarantine or isolate in their own home, or don't have a home. These places are free and confidential for everyone, and your stay is not reported to any authority outside Public Health.

You do not need government-issued identification to stay here.

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?



Anyone who is unable to isolate or quarantine at home



People who do not have a separate room where they can recover away from other household members



People in group living settings like shelters and group homes



People without permanent housing

All are welcome, no matter race, religion, gender identity, sexual orientation, immigration status, or disability. Multiple household members, including children, may stay in the same room. ADA accessible rooms are available.



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



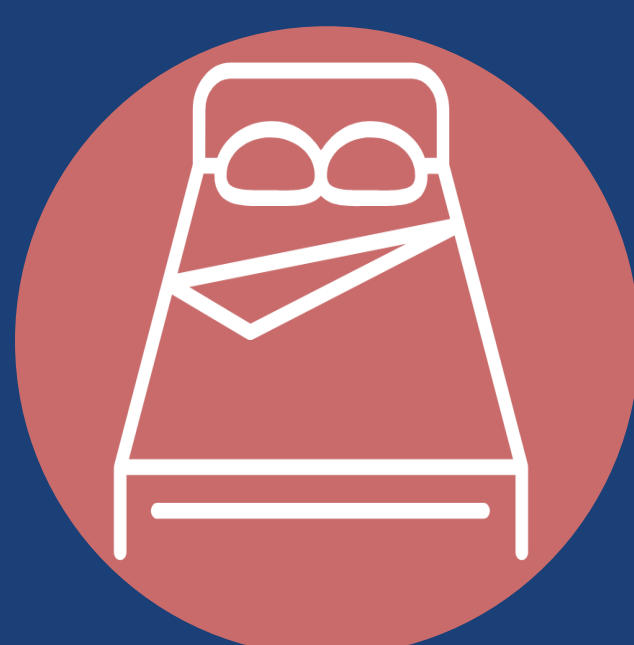
Meals That Honor Dietary Requirements



Regular Medical Check-Ins



Mental Health Support



A Safe Space with Clean Linen



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)