Now a Health Minute.

Finding out you or a loved one has been exposed to COVID-19 can be nerve-wracking and stressful. It can also be confusing trying to figure out if you should quarantine or isolate.

Quarantine, or stay away from other people, if you have been in close contact with someone who has COVID-19. Watch for symptoms and get tested 5-7 days after your exposure, even if you don't have symptoms.

Isolate if you have tested positive for COVID-19 with or without symptoms. Isolation means you stay away from other people, even in your own home.

For more information on quarantine and isolation, go to cdc.gov.

*health***clips**.