Isolation and quarantine help protect the public by preventing exposure to people who have or may have a **CONTAGIOUS DISEASE**.

**ISOLATION** separates sick people with a contagious disease from people who are not sick.

**QUARANTINE** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

### ISOLATION

**Isolation is for people who are ALREADY SICK.**

- Isolation separates and restricts the movement of sick people so they can’t spread disease.
- Isolation in a home means separating yourself from others in the household.
- A sick person isolating at home should seek medical treatment if unable to manage symptoms.
- Stay at home (isolation). Do not leave your home, except to get medical care. Do not visit public areas.
- Stop isolation only if you’ve had no fever for at least 24 hours; AND have improved symptoms; AND at least 10 days have passed since your symptoms first appeared.

### QUARANTINE

**Quarantine is for people who are NOT SICK, but may have been exposed.**

- Quarantined people may or may not become sick.
- Quarantined people must stay at home or another location so they don’t unknowingly spread the disease.
- If you are quarantined and you become ill, seek an evaluation from a healthcare provider.
- CDC recommends 14 days of quarantine from the day of last exposure to a person with COVID-19. If you remain asymptomatic, you may be released from quarantine after 10 days or after 7 days with a negative COVID test completed on or after day 5 from date of last exposure. Continue to monitor for symptoms for the remainder of the 14 day period. [Click here](https://covid.sd.gov) for more information.

**NOTE:** Critical infrastructure employees with no symptoms may be required to report to work with appropriate protective equipment.