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.
- Isolation is usually voluntary, but in a public health emergency, officials have the authority to isolate people who are sick.
- 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, you can seek medical evaluation from a healthcare provider.
- Quarantine can be voluntary, but in a public health emergency, officials have the authority to quarantine people who have been exposed to an infectious disease.

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