

# What is the difference between Quarantine and Isolation for Coronavirus?

**Quarantine** is used to keep someone who might have been exposed to COVID-19 away from others.

**Isolation** is used to separate sick people from healthy people.

**#STOP THE SPREAD**

## If you....

## Steps to take...

### If you feel healthy but:

- Recently had close contact with a person with COVID-19, or
- Recently traveled from somewhere outside your state.

### Self-Quarantine

- Check your temperature twice a day and watch for symptoms.
- Stay home for 14 days and self-monitor.
- If possible, stay away from people who are high-risk for getting very sick from COVID-19.

### If you:

- Have been diagnosed with COVID-19, or
- Are waiting for test results, or
- Have symptoms such as cough, fever, or shortness of breath.

### Self-Isolate

- Stay in a specific “sick room” or area and away from other people or animals, including pets. If possible, use a separate bathroom.
- Keep up to date about the latest developments and best practices about caring for yourself or someone else who is sick.