

# Quarantine or isolation at home

Quarantine and isolation are two ways to keep germs from spreading. They are similar, but have important differences.

- Quarantine means you stay home if you have been exposed to a contagious disease to see if you become sick.
- Isolation means you are already sick and you need to stay away from people who are not sick. Even in your own house!

## Learn more about quarantine

Quarantine happens when:

- You are waiting on the results of a test to see if you have a virus like COVID, measles, or flu.
- You are told or know that you have been exposed to a disease, even if you don't know how or when it happened.
- You actually have the disease, but aren't showing any signs or symptoms.

## Stay home

When you are "in quarantine", you should stay home and avoid going out into the public. This means no daycare, school, work, group or social activities, sports or recreation events, and public places like grocery stores, malls, or the movies.

Your doctor or nurse will tell you how long you need to quarantine. This can depend on:

- The disease you were exposed to.

- Your test results if you are being tested.
- If you are showing signs of getting sick.

## Learn more about isolation

Isolation happens when you are already sick with a contagious disease. You know you are sick because:

- You have signs and symptoms.
- Your doctor or nurse told you that you had a positive test result.

## Stay home and away from others in your house

When you are "in isolation", you should stay home and in your own room as much as possible. You should not have any visitors. You or the people in your house may need to wear masks or gloves.

Your doctor or nurse will tell you how long you need to isolate. This can depend on:

- The disease you have.
- Your test results if you are being tested.
- If you are showing fewer signs and symptoms.

Your health care team recommends \_\_\_\_\_ days of:

- Quarantine
- Isolation

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.