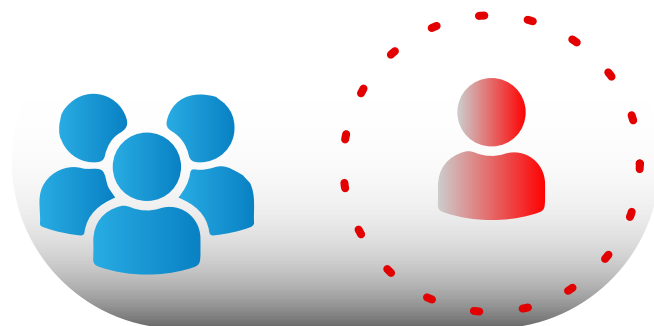
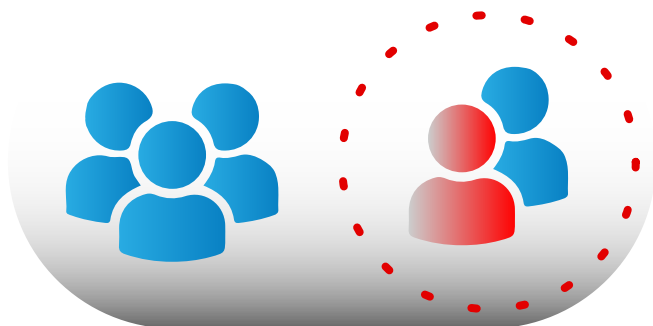


It's easy to feel overwhelmed or scared by terms we usually associate with horror movies and hazmat suits. In reality, though, **isolation** and **quarantine** are two straight forward measures health experts take to slow the spread of disease.

What's the Difference?

Quarantine is meant to separate people who might have been exposed to a disease, allowing medical experts the time to see if they will become ill.

Isolation is meant to separate ill people from the rest of the population.



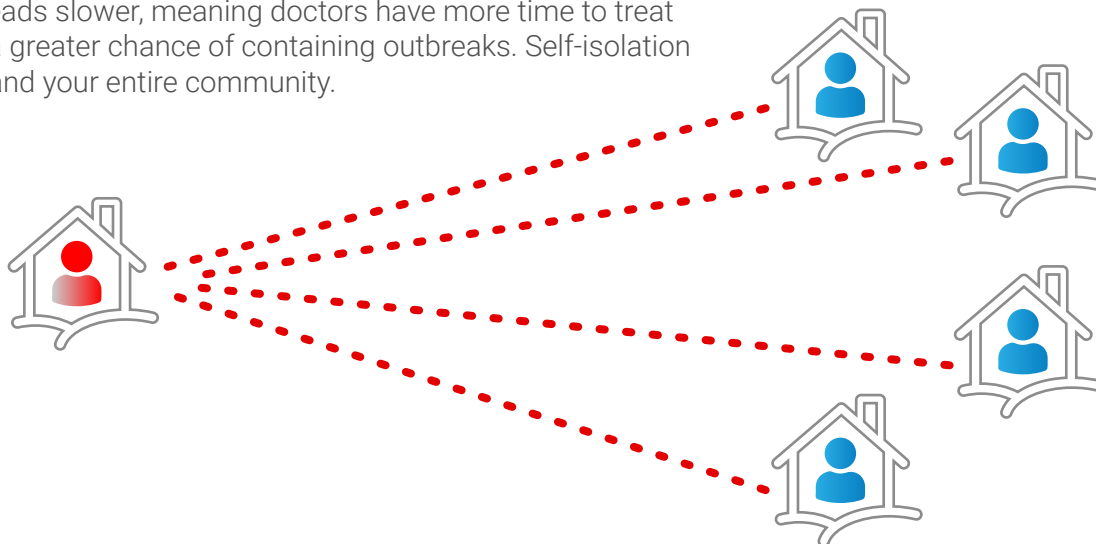
With many diseases, including the coronavirus, people may be contagious before they show symptoms. Quarantines are a precaution to help keep everyone safe.

If someone is known to be ill, they are not allowed to openly interact with healthy people, meaning the virus can't spread. It's a common practice in hospitals for all sorts of communicable diseases.

I'm Not Sick and Don't Think I've Been Exposed. Why Self-Isolate?

Until tests for the coronavirus become universally available, there is always the potential that you or someone else can be sick and just don't know it yet. **Self-isolation**, meaning staying home or "Sheltering in Place," is meant to reduce the chance of any contagious person coming into contact with anyone else.

The virus spreads slower, meaning doctors have more time to treat patients and a greater chance of containing outbreaks. Self-isolation protects you and your entire community.



What if I Am Sick?

According to the CDC, if you think you're sick, you need to take additional isolation steps. After notifying a doctor about your condition, practice **home isolation**. If you live with others, limit yourself to a specific room of your house as much as possible, and use a separate bathroom if available.

Likewise:



Wear
a Facemask



Monitor
Your Symptoms



Clean
Your Hands Often



Avoid Sharing
Personal Household Items



Clean "High-Touch"
Surfaces Every Day

When Can I Leave Home Isolation?

Ideally, you can take a test to determine when you are no longer contagious. But if you don't have access to a test, the CDC has three indicators to look for.

1. You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
2. Your other symptoms have improved
3. At least 7 days have passed since your symptoms first appeared

Only once you fit all three criteria should you consider yourself no longer contagious.

