



# PCDOH

Putnam County  
Department of Health

## Quarantine VS. Isolation for COVID-19: What is the difference, and which one do I follow?

**Quarantine** → For contacts of person with COVID-19. Lasts 14 days after the last exposure to someone with the virus

**Isolation** → For a person with COVID-19. Lasts at least 10 days since symptoms first appeared

### QUARANTINE

### ISOLATION

## WHY?

Symptoms can appear  
2 to 14 days  
after exposure



Isolation keeps sick people  
away from others



Prevents the spread of  
disease before a person  
knows they are sick



Wait at least 10 days from  
start of symptoms, or  
from the date the positive  
test was done

**AND**



As long as no symptoms  
develop, the last day of  
Quarantine = 14 days after  
last close contact with person  
who has COVID-19



At least 72 hours  
fever-free without  
fever-reducing medication

**AND**



Stay home, separate  
yourself from others, and  
monitor your health



Other symptoms of  
COVID-19 are improving



Follow directions from  
state or local health  
department



Stay home except for  
medical care, separate  
yourself from others, and  
monitor your symptoms



Keep your family, friends  
and community safe



Help stop the spread  
of COVID-19



Practice social distancing

**For more information, please visit us at**

<https://www.putnamcountyny.com/health/coronavirus/>

Adapted from the Centers for  
Disease Control and Prevention  
(CDC) website



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