



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 a person with COVID-19. Lasts 10 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 = 10 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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