Isolation vs. quarantine
Understanding the difference

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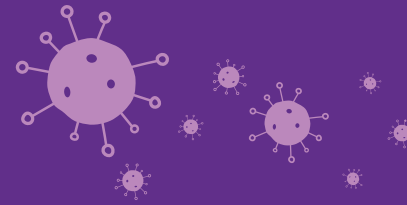
Isolation

For people who are sick, isolation:

- Separates people infected with diseases like COVID-19 from those who are not

- Restricts movement of sick people to avoid spread of the illness

- Keeps people out of the public until the risk of transmission to others is low

Quarantine

For people who are **not sick, but may have been exposed, quarantine:**

- Restricts movement of people to monitor symptoms for early detection

- Prevents the spread of infection or contamination

- Should be communicated with clear guidelines from the authorities

Sources: CDC, What To Do If You Are Sick and WHO, Considerations for quarantine of individuals in the context of containment for coronavirus disease (COVID-19)