



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

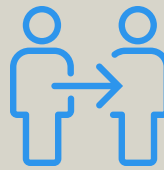
Isolation → For a person with COVID-19. Lasts at least 10 days since symptoms first appeared

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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