Isolation or Quarantine?

**Isolation if you are sick**
Separate sick people with a contagious disease from people who are not sick.

- You must stay away from others for at least 7 days after your symptoms started until all your symptoms have gone away.

**Quarantine if exposed**
Separate people and restrict their movement if they were exposed to a contagious disease to see if they become sick.

- For people who are not sick, but may have been exposed (in close contact with someone) who is sick.
  - You must stay away from other for 14 days to see if you get sick.

7 DAYS

14 DAYS