



## What is the difference between quarantine and isolation?

### *Quarantine*

Quarantine is used to **keep someone who *might* have been exposed to COVID-19 away from others**. Someone in self-quarantine stays separated from others, and they limit movement outside of their home or current place. A person may have been exposed to the virus without knowing it (for example, when traveling or out in the community), or they could have the virus without feeling symptoms. Quarantine helps limit further spread of COVID-19.

### *Isolation*

Isolation is used to **separate sick people from healthy people**. People who are in isolation should stay home. In the home, anyone sick should separate themselves from others by staying in a specific “sick” bedroom or space and using a different bathroom (if possible).

*In NYS, there are two types of quarantine and a single type of isolation related to COVID-19:*

*Mandatory Quarantine* - *The following people require mandatory quarantine:*

1. *Persons who, while not displaying signs or symptoms of COVID-19, have been in contact with someone who was infected with SARS-CoV-2, in the past 14 days*
2. *Persons who, in the past 14 days, have traveled to a country for which CDC has issued a Level 2 or 3 Health Notice, or who were on a cruise ship (including river cruises), and are not displaying signs or symptoms of COVID-19.*
3. *Health Care Worker conditional exemptions exist.*

*Precautionary Quarantine* - *The following people require precautionary quarantine:*

1. *Persons whose contact to someone infected with SARS-CoV-2 is known to be proximate, not close, and are not displaying signs or symptoms of COVID-19.*
2. *Health Care Worker conditional exemptions exist.*

*Mandatory Isolation* - *The following people require mandatory isolation:*

1. *Persons who have tested positive for SARS-CoV-2, regardless of whether they are displaying signs or symptoms of COVID-19.*
2. *Persons who, in the past 14 days, have traveled to a country for which the Center for Disease Control and Prevention (CDC) has issued a Level 2 or Level 3 Health Notice, or who were on a cruise ship (including river cruises), and are displaying signs symptoms of COVID-19.*