

# Isolation vs Quarantine vs Stay at Home

You've likely heard many new terms when it comes to COVID-19, but sometimes they can start to sound similar. We broke down the key differences between isolation, quarantine, and stay at home.

	Isolation	Quarantine	Stay at home
<b>Definition</b>	Separates people who are sick from those who are not	Separates people who were exposed to a disease to see if they become sick	Limits interactions with others to prevent the spread of disease
<b>Who does this apply to?</b>	People who have COVID-19	People who were exposed to COVID-19	Everyone
<b>How long should it last?</b>	End isolation when: <ul style="list-style-type: none"> <li>+ You're fever free for 72 hours without medication</li> <li>+ Other symptoms have improved</li> <li>+ Seven days have passed since your first symptoms</li> </ul>	14 days	Until the government gives an OK
<b>Is it ok to leave my home?</b>	No	No	Only to get necessary supplies, to help others, or to exercise outside
<b>What should I do?</b>	<i>Avoid contact with others</i>  If you need groceries or medications, ask someone to pick them up for you and drop them off outside	Monitor yourself for symptoms, and avoid contact with others	Stay at home as much as possible, practice social distancing, and continue to wash your hands and disinfect things around you