



## What is the difference between **isolation** and **quarantine**?



Isolation and quarantine help protect the public by preventing exposure to people who have or may have a **contagious disease**.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

### ISOLATION

**Isolation is for people who are already sick.**

### QUARANTINE

**Quarantine is for people who are not sick, but may have been exposed.**

# NJ DOH COVID-19 Isolation Recommendations:

- Those that have tested positive for COVID-19
- Close contacts of those who have tested positive COVID-19 and are symptomatic
- Anyone symptomatic without testing



**\*Those with a positive test without symptoms have a minimum isolation of 7 days from date of test.**

# Asymptomatic Close Contacts:

- Self-quarantine at home and monitor your health for fever, cough, shortness of breath or other symptoms during the 14 days after the last day you were in close contact with the sick person with COVID-19.
- Do not go to work or school and avoid public places during this time period.
- If the person with COVID-19 lives in your home, do your best to separate yourself from them until they are taken off their home isolation.
  - **If you cannot separate yourself from them and continue to have close contact then you will need to remain at home and self-quarantined for 14 days after the person with COVID-19 is released from their home isolation.**



# How do I isolate from others?



## Isolation involves:

- Separating from others includes eliminating close contact with others in the house, not traveling or attending public gatherings and not leaving home except to seek medical care.
- Practicing good hand hygiene, cleaning and disinfecting high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks, phones).
- When possible wearing a mask in common areas.

# How do I quarantine from others?

Quarantine involves:

- Using standard hygiene and washing hands frequently
- Not sharing things like towels and utensils
- Staying at home
- Not having visitors
- Staying at least 6 feet away from other people in your household



# How can we help you through this home isolation?



NJ MentalHealthCares-866-202-HELP (4357) 7 days/week 8am-8pm

Food insecurities and financial struggles

Applying for unemployment and [NJ.gov job site](https://www.nj.gov/job)

Offering documentation of quarantine for employers

Tele-Health, Federally Qualified Health Center (FQHC) & Home care

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