



Chisago County Health and Human Services Public Health Division



FOR IMMEDIATE RELEASE

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Understanding Quarantine and Isolation

****MEDIA ADVISORY****

You've probably heard these two words all too often during this pandemic: Quarantine and Isolation. Although they are similar and have been frequently used interchangeably, there are differences that should be understood.

Quarantines are for people or groups who don't have symptoms but were exposed to the sickness. A quarantine keeps them away from others so they don't unknowingly infect anyone. While isolation serves the same purpose as quarantine, it's reserved for those who are already sick. It keeps infected people away from healthy people to prevent the sickness from spreading.

While not all quarantines are the same, look to the CDC for how best to do your part. Currently, the CDC recommends:

- Make it a staycation: Avoid leaving the house unless absolutely necessary. That means following all Executive Orders put forth by the Governor.
- Call ahead: You should never just show up at your local clinic if you are displaying symptoms of COVID-19. First, try a virtual visit. Or at least, call ahead first, so that the medical facility can take steps to prevent others from getting infected.
- Have your own stuff: Don't swap unwashed dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home.
- Wash, rinse, repeat: Hygiene is an integral part of this, even at home. Handwashing should be your first line of defense when under quarantine. And don't forget to cough or sneeze into your elbows or a tissue that you then throw away.

In the event that isolation and/or quarantine is needed, your local public health department is there to assist individuals who are in need of essential services during that time period.

For the latest information about COVID-19 in Chisago County, visit @ChisagoCountyPublicHealth on Facebook or the [Chisago County COVID-19 Information page](#).