What is the difference between isolation and quarantine?

Isolation and quarantine separate people who have or may have COVID-19 or another contagious disease from people who are not sick.

**ISOLATION**

Isolation is for people who are already sick whether or not they have symptoms.

- Isolation separates and restricts the movement of sick people so they can't spread disease to healthy people.
- Sick people should isolate at home, avoid contact with other household members, and only leave home for medical care.
- If you are sick and need medical care, you can isolate in a hospital or healthcare facility.

**QUARANTINE**

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

- Quarantine separates and restricts the movement of people who were exposed to sick people to see if they become sick.
- Quarantined people should stay at home, avoid contact with other people, and only leave home for essential services.
- If you are quarantined and have symptoms, contact your healthcare provider.

If you recently traveled to Rhode Island from a country outside the US or from a hot spot within the US, learn more at [covid.ri.gov/travel](http://covid.ri.gov/travel)

If you have been in close contact with someone with COVID-19, learn more at [covid.ri.gov/whattodo](http://covid.ri.gov/whattodo)