

Isolation/Quarantine Transcript

There are many kinds of diseases that you can get from other people.

For most people, most of the time, these diseases aren't a big threat to your health.

But sometimes, the diseases or viruses you get from other people can make you very sick – or even threaten your life.

Sometimes, these viruses can spread rapidly from one person to the next, affecting whole families or entire communities. That's called an "outbreak."

Sometimes, doctors can use medicine – or give people shots – to stop the spread of a dangerous disease.

But there are other times – when medicine or shots aren't available to stop the spread of an outbreak.

By changing some of your routines, you can help keep yourself and others from getting sick.

When someone is sick, health officials may ask them to practice Isolation to help slow the spread of a dangerous disease.

Isolation means the sick person is asked to stay home and separate themselves from other people, including those living in their home if they can.

The person may be asked to practice home isolation by setting up a "sick room," which is a space where they can rest alone without spreading any potential illness to their family.

Always follow your doctor's advice before you end home isolation.

If the sick person is in the hospital, he or she could be put in a special isolation room. The doctors and nurses – and people who come to visit – might need to wear special protective clothing.

During an outbreak, there will also be some people who are asked to stay home because they could become sick. That's called Quarantine.

If a person is in contact with someone who was sick, health officials will ask them to avoid contact with other people by staying home and not having any visitors.

If your clinic recommends quarantine, you should begin immediately.

After two weeks of quarantine, call your clinic or local health department to ask if you can stop quarantine.

ISOLATION/QUARANTINE TRANSCRIPT

While people are staying at home, health workers will check on them to be sure quarantine guidelines are being followed and families have the supplies they need.

If you are caring for someone who is sick, limit contact, wash hands often, avoid touching eyes, nose and mouth, and clean surfaces that are touched regularly. If possible, wear a facemask if one is available.

For some families with only one bathroom or many generations living together, it can be difficult to establish a sick room or use a separate bathroom.

If possible have the sick person use a separate bathroom. If you must share a bedroom or bathroom, clean all surfaces every day with cleaning products.

Be sure to clean phones, furniture, countertops, sinks, toilets and faucets. Wash bed covers often.

You can end home isolation or quarantine if your clinic says you can, and:

- You have no fever for three days (72 hours), and
- Your symptoms improve, and
- At least 7 days have passed since your first symptoms

For more information about Isolation, Quarantine and caring for someone who is sick visit: [CDC.GOV](https://www.cdc.gov)

Minnesota Department of Health
Communications Office
PO Box 64975
St. Paul, MN 55164-0975
651-201-4989
health.communications@state.mn.us
www.health.state.mn.us

05/20/20

To obtain this information in a different format, call: 651-201-4989