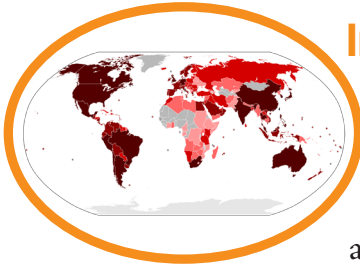




Influenza

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Isolation and quarantine



Introduction

To contain the spread of a contagious illness, public health authorities rely on

many strategies. Two of these strategies are isolation and quarantine. Both are common public health practices that aim to lessen the likelihood that people who are sick will spread it to others. Both may be undertaken voluntarily or compelled by public health authorities. Isolation applies to people who are known to have an illness, and quarantine applies to those who have been exposed to an illness but who may or may not become ill.

Isolation: for people who are ill

- Isolation is the separation of persons who have a specific infectious illness from those who are healthy. Isolation allows for the treatment of ill persons, and it protects healthy people from getting sick.



- People in isolation may be cared for in their homes, in hospitals, or in designated healthcare facilities. In most cases, isolation is voluntary; however, federal, state and local health officials have authority to compel isolation of sick people to protect the public.

Quarantine: for people who have been exposed but are not ill

- Quarantine is the separation and restriction of movement of persons who, while not yet ill, have been exposed to an infectious illness and therefore may become infectious.
- Oregon has the authority to declare and enforce quarantine within its borders. The Centers for Disease Control and Prevention (CDC), through its Division of Global Migration and Quarantine, is empowered to detain, medically examine, or conditionally release people suspected of carrying certain communicable diseases.



- Implementing isolation and quarantine measures requires the trust and participation of the public, who must be informed about the dangers of contagious diseases subject to quarantine before an outbreak, as well as during an actual event.



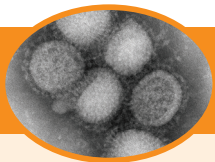
Examples of the use of isolation and quarantine

- Isolation is a standard procedure used in hospitals today for patients with tuberculosis (TB) and certain other infectious diseases.



Above photo of tuberculosis (TB) test.

- During the 2003 global SARS outbreak, patients in the United States were isolated until they were no longer infectious. This practice allowed patients to receive appropriate care, and it helped contain the spread of the illness. Seriously ill patients were cared for in hospitals. Persons with mild illness were cared for at home. The CDC advised people who were exposed but not symptomatic to quarantine themselves (i.e. stay at home), monitor themselves for symptoms and seek medical evaluation if symptoms appeared. These steps were effective in controlling the spread of disease.



For more information

Oregon Public Health Division
www.flu.oregon.gov

Oregon Public Health Hotline
 1-800-978-3040

Oregon county health departments
www.oregon.gov/DHS/ph/lhd/lhd.shtml

Federal pandemic H1N1 flu information
www.flu.gov

World Health Organization:
www.who.int

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