



**OR, YOU COULD JUST
STAY HOME
WHEN YOU'RE SICK.**

THE HEALTH OF YOUR FAMILY, FRIENDS AND THE COMMUNITY DEPENDS ON YOU.

Help stop the spread of contagious illness by listening to health professionals and staying home when you are sick.



WHAT IS QUARANTINE? WHAT IS ISOLATION?

Quarantine and isolation are two ways to control the spread of contagious disease by limiting people's exposure to it. *Quarantine*: people who aren't ill, but have been exposed to illness, are separated from people who are healthy. *Isolation*: people who have an illness are separated from people who are healthy.

WHEN ARE QUARANTINE AND ISOLATION ORDERS ISSUED?

For most illnesses, like strep throat or a cold, it's not unusual for your doctor to ask that you stay home so you don't infect others. However, there are some diseases (Smallpox, Tuberculosis) where the threat to the public is severe. In those rare instances, the Polk County Board of Health has the authority to declare and enforce quarantine and isolation orders to safeguard public health.



WHAT DOES QUARANTINE AND ISOLATION MEAN FOR ME?

Polk County Health Department, working with local partner agencies and organizations, will assure that people in quarantine or isolation will have access to food, necessary medications and medical care, including ongoing medical monitoring while under a quarantine or isolation order.

If you are under a quarantine or isolation order, based on an evaluation of your needs, you may receive assistance from the Polk County General Assistance Funds. Iowa law prohibits employers from firing, demoting or otherwise discriminating against an employee due to compliance with a quarantine or isolation order.

WHAT DOES QUARANTINE AND ISOLATION MEAN FOR MY FAMILY?

Quarantine and isolation orders are issued to minimize the spread of diseases, which present a risk of serious harm to public health. To protect your loved ones' health, you may be required to separate yourself from family members for a limited amount of time. Or, you may choose to quarantine your family together.



WHAT DOES QUARANTINE AND ISOLATION MEAN FOR THE REST OF THE COMMUNITY?

Contagious diseases such as Tuberculosis, Smallpox, Plague, SARS and others present a risk of serious harm to public health. These diseases are spread through person-to-person contact. When contagious people refrain from having direct contact with others, fewer people will get sick and the outbreak won't last as long. Refusing to comply with quarantine orders guarantees the outbreak will continue and additional innocent people will get sick.



For more information about quarantine and isolation, call 515-286-3798, or visit www.polkcountyiowa.gov/health.