What is the difference between isolation and quarantine?

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a **contagious disease**.

Isolation is for people who are already sick.

Isolation separates and restricts the movement of sick people so they can't spread disease to healthy people.

Isolation is a routine procedure in hospitals and healthcare facilities.

Isolation is usually voluntary, but officials have the authority to isolate people whoare sick if necessary.

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

Quarantined people may or may not become sick.

Quarantined people may stay at home or another location so they don't spread disease to healthy people.

If you are quarantined and you become ill, you can seek medical treatment from a healthcare provider.

Quarantine can be voluntary, but officials have the authority to quarantine people who have been exposed to an infectious disease if necessary.

I think I have mild or moderate symptoms of COVID-19

Mild symptoms are when you feel unwell but can manage your symptoms at home. Most people with mild symptoms can recover at home. Follow self-isolation recommendations and contact your healthcare provider.

Moderate symptoms are those where you may need a medical evaluation from your healthcare provider. If you have fever, cough and shortness of breath, contact your healthcare provider for guidance.

Camden County Covid-19 Test Sites

Dudley Grange Park,
Camden NJ 08105

2600 Mt. Ephraim Ave,
Camden NJ 08104

Camden County College
200 College Drive
Blackwood, NJ 08012

Helpful information

NJ Mental Health Cares
1-877-294-4357

Camden County
Mental Health & Addictions
856-374-6361

Meals on Wheels
856-374-6325

Assistance with Housing and Utilities - 211

Camden County Senior Services At-Risk Hotline
856-858-3220

NJ COVID-19 Hotline:
1-800-222-1222

Camden County Department of Health and Human Services
1-800-999-9045
COVID-19 Hotline

Stay informed

www.camdencounty.com
www.nj.gov/health
www.cdc.gov

Coronavirus (COVID-19)

What is Coronavirus?

COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously identified or seen in humans. It is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

How it spreads

It spreads from person to person and from contact surfaces that are infected. Someone who is actively sick with COVID-19 can spread the virus to others.

Signs and symptoms

Most patients who have COVID-19 have reported fever, cough, and shortness of breath. Sore throat, nausea and diarrhea may also occur.

Prevention

Stay home when you are sick and avoid sick people.

Wash your hands with soap and water for at least 20 seconds.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover your coughs and sneezes with a tissue or sleeve, not your hands.

Clean and disinfect surfaces.

Practice social distancing by staying 6 feet away from others.

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CORONAVIRUS (COVID-19) INFORMATION

Camden County Department of Health and Human Services
COVID-19 Hotline
1-800-999-9045

Cooper University Health Care

Virtua Health