00:00

To stop the spread of infectious

00:02

diseases we all need to do our part. In a

00:05

severe disease outbreak such as a

00:07

pandemic or for certain contagious

00:09

diseases like measles.

00:11

Health officials may ask people to be

00:13

isolated or quarantined. Isolation is the

00:16

separation of sick people from healthy

00:18

ones. Being isolated when you're sick

00:21

with a contagious disease will help keep

00:23

your family friends and others safe and

00:25

healthy. Quarantine separates healthy

00:27

people who've been exposed to an illness

00:29

from others who haven't. Quarantine can

00:32

be voluntary or mandatory and may apply

00:34

to groups. Isolation and quarantine are

00:37

different ways to help protect you and

00:39

the community.

English