



## **Facts about Quarantine and Isolation**

Quarantine and isolation are public health measures used to prevent or control the spread of communicable diseases which present a risk of serious harm to the public. The Iowa Department of Public Health (Department) and county boards of health (local boards) have the authority to impose quarantine and isolation in very limited circumstances to prevent the spread of certain diseases. Quarantine and isolation are used to protect the public by preventing exposure to infected persons or persons who may be infected.

### **Here are some facts about quarantine and isolation you should know:**

- \* The Department and local boards will impose quarantine or isolation only in the event of an outbreak of a "quarantinable disease," which means a serious and unusual or novel disease such as cholera, diphtheria, infectious tuberculosis, plague, SARS, smallpox, certain viral hemorrhagic fevers, and other diseases spread person to person which present a risk of serious harm to the public's health.
  
- \* Quarantine means confining a person who has been exposed to a quarantinable disease to see if they become ill and infectious to others. Quarantine is imposed for a period of time equal to the longest incubation period of the disease, which could range from a couple of days to two weeks, depending on the disease.
  
- \* Isolation means confining a person who is actually infected with a quarantinable disease for a period of time that they are infectious to others, which could range from a couple of days to weeks, depending on the disease.
  
- \* Prior to imposing quarantine or isolation the Department and local boards will request that an individual voluntarily confine him or herself to their private home. Only if a person refuses to voluntarily confine themselves will the Department or local boards consider mandatory quarantine or isolation.
  
- \* The Department and local boards are required by law to impose mandatory quarantine or isolation by the least restrictive means necessary to prevent the spread of the disease. Typically this means the exposed or infected person will be quarantined or isolated in their home.
  
- \* Only if a person refuses to comply with voluntary home confinement and refuses to comply with quarantine or isolation in their own home will the Department or a local board consider imposing quarantine or isolation to a facility. If a person is quarantined or isolated in a facility the Department or the local board will ensure that the person is confined to a safe and hygienic facility and that they have access to adequate food, medical care, and a means of communication with those outside the facility.

BEFORE THE IOWA DEPARTMENT OF PUBLIC HEALTH

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DIRECTED TO: ) [insert case #]  
)  
[insert full name and )  
address of subject of order] ) **HOME QUARANTINE ORDER**

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The Iowa Department of Public Health (Department) has determined that you have had contact with [insert name of quarantinable disease (qd)]. [insert qd] is a disease which is spread from person to person and is associated with [insert symptoms of qd -- fever, cough, respiratory illness, etc.]. [Insert qd] presents a risk of serious harm to public health and if it spreads in the community severe public health consequences may result.

The Department has determined that home quarantine of persons who have been exposed to [insert qd] is necessary to prevent further spread of this disease. The Department has determined that quarantine in private homes is the least restrictive means necessary to prevent the spread of [insert qd]. The Department is therefore ordering you to remain in your home and to comply with the following provisions during the entire period of quarantine:

1. **Terms of confinement.** You are ordered to remain in your home at \_\_\_\_\_ [insert address] from \_\_\_\_\_ to \_\_\_\_\_ [insert dates of quarantine].

2. **Requirements during confinement.** During the period of quarantine:

- a. You must not leave your home at any time unless you have received prior written authorization from the Department to do so.
- b. You must remain reachable by telephone at all times and answer and respond fully and truthfully to telephone calls from Department staff and other persons acting on behalf of the Department.
- c. You must not come into contact with anyone except the following persons:
  - a. family members and other persons who reside in your home;
  - (ii) authorized healthcare providers;
  - (iii) authorized Department staff or other persons acting on behalf of the Department; and
  - (iv) such other persons as are authorized by the Department.
- d. If family members or other persons who reside in your home have not been issued a Home Quarantine Order, they may leave your home to carry on their daily routines and to assist you with any needs you may have during the period of confinement. If you live alone, or if every member of your household is under Home Quarantine Order, you should arrange by telephone for relatives, neighbors, or friends to assist with any needs you may have during the period of confinement. These persons should not have direct contact with you. If you need assistance in

providing for your daily needs, you should call **[insert telephone number]**

- e. You must follow the directions contained in the attachment to this order labeled Attachment A to monitor your health status on a daily basis.
- f. If you develop any symptoms of **[qd]** detailed in Attachment A, including **[insert main symptoms here]**, you should immediately call a public health official at **[insert telephone number]**. If emergency medical treatment is required for conditions other than those listed in this paragraph (e.g. chest pain or severe accidental injury at home), you should call 911 for an ambulance. When seeking such assistance, you must inform the operator of the 911 line and the ambulance that you are under Home Quarantine Order.
- g. If other persons also reside in your home you must maintain good personal hygiene at all times, including complying with the directions contained in Attachment A, to prevent disease transmission. If any member of your household develops any symptoms of **[qd]** detailed in Attachment A, such person should immediately call a public health official at **[insert telephone number]**.
- h. You should inform your employer that you are under home quarantine and are not authorized to physically come to the work place, although you may work from home via electronic or other means if appropriate. You should be aware that Iowa law prohibits an employer from firing, demoting, or otherwise discriminating against an employee due to the employee's compliance with a quarantine order issued by the Department. (Iowa Code section 139A.13A).

3. **Information about [qd].** You should review the information contained at Attachment A for information about **[qd]**. In order to find out more information about **[qd]** and its symptoms and spread, you may access the Department's web-page at [www.idph.state.ia.us](http://www.idph.state.ia.us). If you do not have access to the internet from your home, you may contact the Department at 1-800-362-2736.

4. **Legal authority.** This order is issued pursuant to the legal authority contained at Iowa Code chapter 139A, [include Iowa Code chapter 135 if a public health disaster exists], and 641 Iowa Administrative Code chapter 1, a copy of which is labeled Attachment B and is attached to this order for your review. The Department shall comply with the principles for quarantine contained in subrule 1.9(3) of this attachment when issuing and implementing this order.

5. **Ensuring compliance.** In order to ensure that you strictly comply with this Home Quarantine Order the Department or persons authorized by the Department may contact you by telephone on a regular basis and may carry out spot checks of your residence.

6. **Violations of order.** If you fail to comply with this Home Quarantine Order you may be ordered to be quarantined in a hospital or other facility as determined by the Department. In addition, failure to comply with this order is a simple misdemeanor for which you may be arrested, fined, and imprisoned.

7. **Your rights v appeal rights.** While under quarantine you have the rights as described in subrule 1.9(8) of Attachment B. In addition, you have the right to appeal this order pursuant to subrule 1.9(7) of Attachment B.

\_\_\_\_\_  
DIRECTOR or MEDICAL DIRECTOR  
IOWA DEPARTMENT OF PUBLIC HEALTH  
Lucas State Office Building  
Des Moines, IA 50319

\_\_\_\_\_  
DATE

Attachments to this Order:

Attachment A -- Facts About [qd]

Attachment B -- 641 Iowa Administrative Code chapter 1