Is an apostille the same as a notary?

No.

An apostille can only be issued by state secretaries of state offices in the United States or the United States Department of State in Washington, D.C.

A state or federal apostille certificate is nothing like a notary stamp or seal and it's an $8\ 1/2\ x\ 11$ letter with a state or federal seal on it which gets attached to your documents.

No notary public can create or make an apostille on a document in the U.S.

An American notary only verifies an individual's identity and then watches a person sign said documents physically in front of them.

Then the notary public places the date and their notary signature, and stamp on the document.