

What's the difference?

Social Distancing

Quarantine & Isolation



What is Social Distancing?

Social distancing creates physical space and barriers between people to prevent and reduce the spread of the COVID-19 virus.

Social distancing should be practiced by everyone, whether or not exposed to the virus. These practices include avoiding handshakes, crowds, staying at least 6 feet away from others, and most importantly, staying home if you feel sick.



What is Quarantine?

Quarantine restricts the movement of healthy, asymptomatic people who were exposed to COVID-19, to prevent the spread of illness in case the person in quarantine develops COVID-19.

The quarantine period should last 14 days after their last contact with the infected person. People in quarantine should monitor themselves for symptoms. If symptoms appear, people should **isolate** themselves at home away from others, except to get medical care.



What is Isolation?

Isolation separates those who are experiencing symptoms of COVID-19, OR are diagnosed with COVID-19, from healthy people in order to stop the spread of the virus.

Isolation from other people should last until 3 days after fever resolves without medication and other symptoms improve, or 7 days after symptoms first appeared, whichever is longer. If a person is asymptomatic but is diagnosed with COVID-19, they should isolate for 10 days after they receive their positive test result.

