SOCIAL DISTANCING
What is it? The practice of maintaining a greater than usual physical distance from other people or of avoiding direct contact with people or objects in public places during the outbreak of COVID-19 in order to minimize exposure and reduce the transmission of infection.
Who should do it? Everyone

QUARANTINE
What is it? the separation of a person or group of people reasonably believed to have been exposed to COVID-19, but not yet symptomatic, from others who have not been so exposed to prevent the possible spread of COVID-19
Who should do it? People do not have symptoms and who traveled to an area affected by COVID-19 or who had contact with someone who was infected

ISOLATION
What is it? separation of a person or group of people known or reasonably believed to be infected with COVID-19 and potentially infectious, from those who are not infected, in order to prevent spread of COVID-19
Who should do it? People who developed symptoms after either traveling to an area affected by COVID-19 or having contact with someone who was infected

SELF-MONITORING
What is it? Measuring your temperature twice a day, watching for cough or difficulty breathing, and staying in touch with your doctor
Who should do it? People who are quarantined or in isolation