



## 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

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## 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

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## 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

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## 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