



## What's the Difference?

### Physical Distancing, Isolation and Quarantine

## What is Physical Distancing?

Physical distancing should be practiced by everyone, whether or not exposed to the virus. This broad set of measures includes avoiding handshakes, crowds, staying at least 6 feet away from people, and, most importantly, staying home if you feel sick.



## What is Physical Isolation?

A diagnosis of Covid-19 triggers isolation. Isolation is for those who are already sick and serves to keep the infected away from healthy people in order to stop the spread of the virus.



## What is Physical Quarantine?

Quarantines are put on groups and communities to separate and restrict the movement of people who were exposed to a contagious disease to see if they become sick.



#StopTheSpread - Source: npr.org