

Know the difference:

Social Distancing

(Keep at least 6 feet away from others)



Quarantine

(Stay at home)



Isolation

(Stay in a room, away from other people)



Who should do this?

Everyone.

People who spent time with someone who has COVID19, including:

- People who were within 6 feet for 10 or more minutes;
- or,
- People who live in the same house.

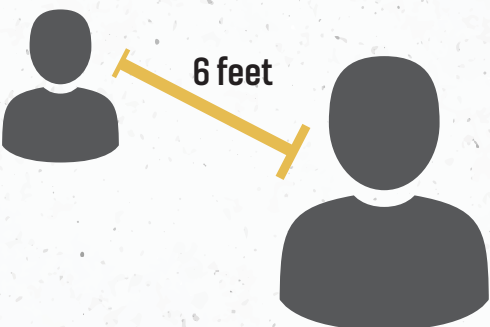
People who have COVID-19 OR have cough, fever or shortness of breath

How to do it



24/7

- Stay at least 6 feet away from people.
- Wear a mask around other people.
- Only go out if you have to; use delivery if you can.



10 days*

- Stay at home for 10 days following the last time you were with someone who had COVID19.
- Check for cough, fever or shortness of breath daily.
- Call your local health department if you develop these symptoms.



7 days* *plus*
72 hours fever-free

- Stay in one room or area, away from the rest of the people in your house.
- Use a separate bathroom, if possible.
- Wear a mask that covers your mouth and nose.
- Family or friends helping you need to wear masks and gloves.



VANDERBILT
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Health Policy

* - minimum recommendations