

# Know the difference:

## Social Distancing

(Keep at least 6 feet away from others)



## Quarantine

(Stay at home)  
Cuarentena



## Isolation

(Stay in a room, away from other people)  
Aislamiento



Who is doing it

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

What it is

 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.

 14 days\*

- Stay at home for 14 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.

