

What's the difference? Social Distancing Isolation and Quarantine



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What is Social Distancing?

Social distancing should be practiced by everyone, whether or not exposed to the virus.

This broad set of measures includes avoiding hand shakes, crowds, staying at least 2 meters (6 feet) away from people, and, most importantly, staying at home if you feel sick.

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What is Social 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.

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What is Social 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.

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