

What is Social Distancing, Quarantine and Isolation?

According to the CDC:

Social distancing means remaining out of congregate settings (or busy public spaces), avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.

Social Distancing

Quarantine

The CDC defines quarantine as:

the separation of a person or group of people reasonably believed to have been *exposed to a communicable disease but not yet symptomatic*, from others who have not been so exposed, to prevent the possible spread of the communicable disease.

The CDC's definition of isolation is:

the separation of a person or group of people known or reasonably believed to be *infected with a communicable disease and potentially infectious* from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

Isolation