

# What's the difference between social distancing and self-quarantine?

## Social distancing

When you are not symptomatic and have not been exposed to someone who is but must go out in public.

Staying at least 6 feet away from other people

Washing hands or using hand sanitizer immediately after being in public and/or touching items others have touched

Visiting loved ones by electronic devices instead of in person

Avoiding the store at busy times; having items delivered or ordering take out

## Self-quarantine

When you absolutely should not go out because you have been diagnosed with or suspect you could have COVID-19.

Staying at home

Not having visitors

Staying at least 6 feet away from other people in your household

Using standard hygiene and washing hands frequently

Not sharing items like towels and utensils