### 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