

COVID-19: Physical Distancing, Quarantine and Isolation. What's the difference?

What is Physical Distancing?



Physical distancing should be practiced by **EVERYONE**, whether or not you were exposed to the virus.

This broad set of measures includes avoiding handshakes and crowds, staying at least 6 feet away from people, wearing your mask in public spaces, washing your hands often, and, most importantly, staying at home if you feel sick.



Common COVID-19 Symptoms*

- Fever (>100.4°F or 38°C) or chills
- Headache
- Tiredness
- Muscle or body aches
- Loss of taste or smell
- Difficulty breathing
- Nausea or vomiting
- Diarrhea
- Sore throat or cough

If you experience any of the following warning signs, please call 911 immediately and let the operator know you have or may have COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Bluish lips or face
- Unable to wake up or stay awake



What is Quarantine?



Keeps someone who **MAY HAVE** been exposed to COVID-19, away from others.

If you have had close contact with a person who has COVID-19



- Stay home for 14 days after your last contact



- Check your temperature twice a day and watch for symptoms* of COVID-19



- If possible, stay away from others, especially those who are at higher-risk for getting sick from COVID-19 (older adults and people with other medical conditions)

If you need COVID-19 information or community resources (help accessing food, medicine, or other necessities), call 211 or 1-877-275-6569

If you can't safely isolate or quarantine at home, call Hawai'i CARES at (Oahu) (808) 832-3100 or Toll-Free at 1-800-753-6879

Kapasen Chuuk, Kajin Majel, Pohnpei, Kosrae?

We Are Oceania Helpline (808) 913-1364 @WeAreOceania



What is Isolation?



Keeps someone who **IS INFECTED** with COVID-19 away from others, even in their own home.

You think or know you have COVID-19 and **HAVE** symptoms

- Stay home until at least 10 days have passed since symptoms first appeared **AND**
- At least 24 hours have passed with no fever and without fever reducing medication **AND**
- Symptoms have improved



You think or know you have COVID-19 and **HAVE NO** symptoms

- If you continue to have no symptoms, you can be with others after at least 10 days have passed since your positive test.



For multiperson households:

If you live with others, **quarantine** or **isolate** in a specific "sick room" and stay away from other people and pets. Use a separate bathroom, if possible.

