## COVID-19: What’s the Difference Between Physical Distancing, Quarantine and Isolation?

<table>
<thead>
<tr>
<th>Who is it for?</th>
<th>Physical Distancing</th>
<th>Quarantine</th>
<th>Isolation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Who is it for?</strong></td>
<td>People who haven’t been exposed to the virus or are not aware of exposure to the virus.</td>
<td>People who don’t currently have symptoms of the virus but were exposed to the virus.</td>
<td>People who are already sick from the virus.</td>
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<tr>
<td><strong>What is it?</strong></td>
<td>A precautionary measure used to help prevent the spread of the virus.</td>
<td>A prevention strategy used to monitor people who were exposed to the virus for a period of time to see if they become ill.</td>
<td>A prevention strategy used to separate people who are sick with the virus from healthy people.</td>
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<tr>
<td><strong>Where does it take place?</strong></td>
<td>Takes place outside the home in public places like grocery stores and work environments.</td>
<td>Takes place in a home setting.</td>
<td>Can take place in a home when medical attention is not required. Takes place in a hospital when medical care is required.</td>
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<tr>
<td><strong>When do I use it?</strong></td>
<td>At all times until further directed by the ND Department of Health.</td>
<td>If you have known exposure to the virus.</td>
<td>If you have tested positive or have symptoms and have not yet obtained a test.</td>
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</tbody>
</table>
| **How long is it for?** | At all times until further directed by the ND Department of Health. Fully vaccinated individuals may | 14 days after your last exposure. If you remain symptom-free, you may reduce your quarantine period from 14 days to 10 days. If you receive a negative result from a viral COVID-19 test (PCR or rapid antigen), you can reduce your quarantine to seven days if you remain asymptomatic. (The negative test must take place on day 5 or later. You must continue to quarantine while awaiting test results). Vaccinated individuals can be exempted from quarantine if they meet **ALL** the following criteria:  
  - Are fully vaccinated (i.e. ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine).  
  - Have remained asymptomatic since the current COVID-19 exposure.  
  - The CDC recommends that fully vaccinated individuals who remain symptom-free do not need to quarantine. | A minimum of 10 days from the beginning of symptoms and 24 hours after your fever is gone without the use of fever-reducing medicine and other symptoms have significantly improved. |
| **Where does it take place?** | Takes place in a hospital when medical care is required. | Takes place in a home setting. | Can take place in a home when medical attention is not required. Takes place in a hospital when medical care is required. |
| **When do I use it?** | At all times until further directed by the ND Department of Health. | If you have known exposure to the virus. | If you have tested positive or have symptoms and have not yet obtained a test. |
| **How long is it for?** | At all times until further directed by the ND Department of Health. Fully vaccinated individuals may | 14 days after your last exposure. If you remain symptom-free, you may reduce your quarantine period from 14 days to 10 days. If you receive a negative result from a viral COVID-19 test (PCR or rapid antigen), you can reduce your quarantine to seven days if you remain asymptomatic. (The negative test must take place on day 5 or later. You must continue to quarantine while awaiting test results). Vaccinated individuals can be exempted from quarantine if they meet **ALL** the following criteria:  
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but should get tested for COVID-19 5-7 days following an exposure and wear a mask in public indoor settings for 14 days or until they receive a negative test result.

After stopping quarantine, you should:
- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

| What does this mean for my daily life? | • Avoid large gatherings.  
| • Stay 6-feet away from people.  
| • If you are unable to stay 6-feet away from other people, wear a cloth face covering.  
| • Call or video-chat with friends or loved ones, particularly those that are elderly or have underlying health conditions that places them at high-risk.  
| • If possible, work from home.  
| • Practice good hygiene and avoid shaking hands or touching your face.  
| • If you become ill and need medical attention, call your health care provider. | • Stay at home and avoid close contact with others.  
| • Do not attend school, work or any other setting where you cannot maintain a 6-foot distance from other people.  
| • Call or video-chat loved ones.  
| • For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service.  
| • Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.  
| • Monitor your symptoms. If you become ill and need medical attention, call your health care provider. | • Do not leave your home unless it is in an emergency. If you are in a home with others, stay in a “sick” room by yourself and, if possible, do not share a bathroom.  
| • If you have a pet and live with others, do not touch your pet.  
| • For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service. Try to stock up for the duration of the isolation.  
| • Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.  
| • If a caregiver cleans your room or bathroom, they should wear a mask and wait as long as possible after you’ve used the bathroom.  
| • Contact your health care provider immediately if you experience severe symptoms. |