NORTH Dakota | Health
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COVID-19: What's the Difference Between Physical Distancing, Quarantine and Isolation?

	PHYSICAL DISTANCING	QUARANTINE	ISOLATION
Who is it for?	People who haven't been exposed to the virus or are not aware of exposure to the virus.	People who don't currently have symptoms of the virus but were exposed to the virus.	People who are already sick from the virus.
What is it?	A precautionary measure used to help prevent the spread of the virus.	A prevention strategy used to monitor people who were exposed to the virus for a period of time to see if they become ill.	A prevention strategy used to separate people who are sick with the virus from healthy people.
Where does it take place?	Takes place outside the home in public places like grocery stores and work environments.	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.	14 days after your last exposure. Once your quarantine period has ended, if you do not have symptoms, you may return to your normal routine.	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.
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.