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

<table>
<thead>
<tr>
<th></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>
</tr>
<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>
</tr>
<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>
</tr>
<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>
</tr>
<tr>
<td><strong>How long is it for?</strong></td>
<td>At all times until further directed by the ND Department of Health.</td>
<td>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.</td>
<td>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.</td>
</tr>
</tbody>
</table>
| **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. |