

Terminology

1. What does quarantine mean?

The word quarantine doesn't have to be a scary thing. It is an effective way to protect the public. Governments use quarantines to stop the spread of contagious diseases. Quarantines are for people or groups who don't have symptoms but were exposed to the sickness. A quarantine keeps them away from others so they don't unknowingly infect anyone.

2. What exactly does it mean to be "exposed" to coronavirus (COVID-19)?

For anyone who has close contact with someone infected with the coronavirus, it is important that you listen to instructions from your health department. Close contact is defined as being within approximately 6 feet of someone with COVID-19 for a prolonged period of time. That includes if you are living with, visiting or sharing a healthcare waiting area or room with someone with COVID-19, or if you have been coughed or sneezed on by someone with the disease.

Health departments identify close contacts through what's called contact tracing. They will notify you if they think you have been exposed to a known case and provide you with instructions for next steps. If you are unsure if you qualify as having been in close contact, reach out to your local health department.

3. What's the difference between isolation and quarantine?

While the term isolation serves the same purpose as quarantine, it's reserved for those who are *already* sick. Staying in isolation keeps infected people away from healthy people to prevent the sickness from spreading.

4. What's the difference between recommended and required?

Recommended: Advised or suggested course of action.

Required: Deemed essential and/or instructed or expected course of action by an official authority. (Such as a Director, Commissioner, Governor, or President)