SELF-ISOLATION, SELF-QUARANTINE AND SOCIAL DISTANCING
WHAT THEY MEAN

QUARANTINE
People who have been exposed to the virus and don’t have symptoms

WHEN YOU ARE QUARANTINED:

- You’re taking your temperature
- Making sure you don’t develop any symptoms of COVID-19
- Staying away from public places for at least 14 days

BEING IN SELF-QUARANTINE DOESN’T NECESSARILY MEAN YOU HAVE SYMPTOMS OF COVID-19

However, it is critical to monitor your health in the 14-day window, check if you develop any symptoms and stay away from public places.