



# COVID-19

## ADVISORY No. 40

April 17, 2020



# ANVAYA COVE

Seaside Leisure Community



# COVIDIGEST

SERIES NO. 7

## SELF-ISOLATION VS. QUARANTINE

**Self-Isolation** is the separation of a person who is **confirmed to be infected with a communicable disease**.

**Quarantine** is the separation and restriction of movement of a person who is **currently not sick but may have been exposed to a communicable disease**.

### SELF-ISOLATION



Done to prevent the spread of the communicable disease  
May be voluntary or compelled by the authorities

### QUARANTINE



## PROTECT YOURSELF AND OTHERS DURING SELF-ISOLATION OR QUARANTINE



Stay in a separate room. If not possible, keep away at least 6 feet from other people at home.



Wash hands often. Use soap and water. You may also use sanitizer or disinfecting wipes.



Do not share personal items such as utensils and towels with other people in your household.



Monitor daily for symptoms such as fever, muscle pain, sore throat, and shortness of breath.



Wipe down surfaces you usually touch such as cellphones, door knobs and other areas.



If symptoms develop, call the nearest local hospital or your health care provider.