What's the difference?

**Physical Distancing, Isolation and Quarantine**

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Source: www.npr.org
What is **Physical Distancing**?

Physical distancing should be practiced by everyone, whether or not exposed to the virus.

This broad set of measures includes avoiding hand shakes, crowds, staying at least 2 meters (6 feet) away from people, and, most importantly, staying at home if you feel sick.

#StopTheSpread
Source: www.npr.org

Pan Caribbean Partnership against HIV and AIDS (PANCAP)
What is Physical Isolation?

A diagnosis of Covid-19 triggers isolation. Isolation is for those who are already sick and serves to keep the infected away from healthy people in order to stop the spread of the virus.

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Source: www.npr.org
What is **Physical Quarantine**?

Quarantines are put on groups and communities to separate and restrict the movement of people who were exposed to a contagious disease to see if they become sick.

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Source: www.npr.org