COVID-19 FAQs

What's the difference between self-monitoring, isolation, and quarantine?

- Self-monitoring: Advises individuals who may have been exposed to COVID-19 to monitor themselves to see if they develop symptoms.

- Quarantine: Restricts movement of individuals exposed to a confirmed case of COVID-19 to see if they become sick.

- Isolation: Separates individuals who are sick away from those who are well.

These methods help protect the public by **preventing the spread** of COVID-19.