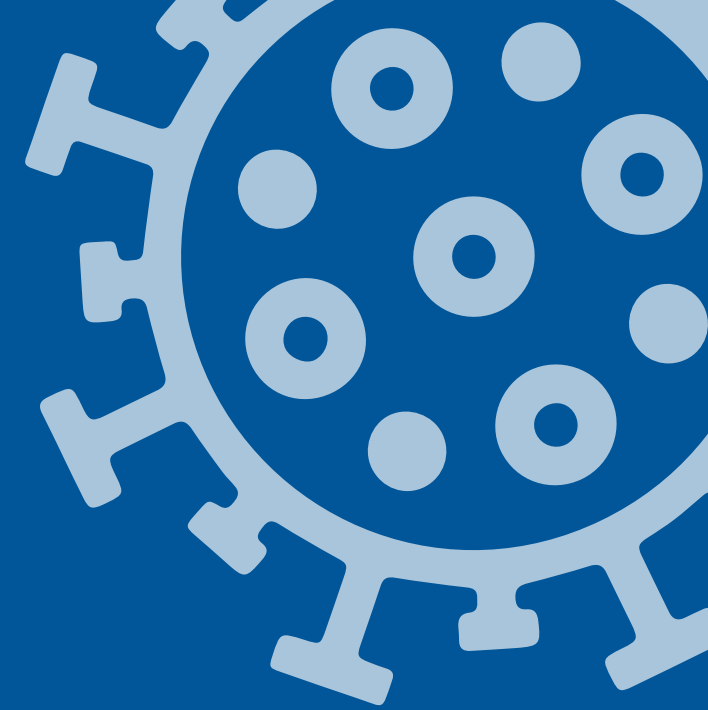
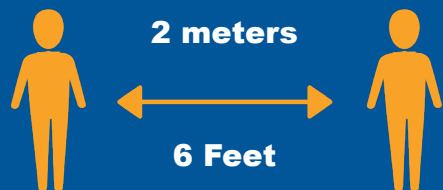


What is the difference between self-isolation and physical distancing?



Self-isolation: avoiding situations where you could infect other people. People at high-risk of having been exposed to the illness are asked to self-isolate.



Physical distancing: is a way that we can slow the spread of COVID-19 by limiting close contact with others. Even though we are not sick, we should still keep about two meters (six feet) or the length of a queen-sized bed from one another when we can when outside our homes.