**COVID-19 WORDS to KNOW**

**Quarantine**
Separation of a person or group who are believed to have been **EXPOSED** to COVID-19 but are **ASYMPTOMATIC** (no symptoms of the disease).

**Self-Isolation**
Away from the public in your own home. Can be symptomatic or asymptomatic.

**Isolation**
Away from family members in your own home. (staying in a separate bedroom away from everyone else).

**Self-Monitoring**
At home, **monitoring your temperature twice per day**, and **checking for symptoms** (fever, shortness of breath, and/or cough).

**Close Contact**
Being within approximately **6 feet** of a **KNOWN COVID-19** case for a prolonged period of time **OR exposed** to **infectious secretions** (droplets from coughing or sneezing) of a **KNOWN COVID-19** case.

**Social Distancing**
Avoiding crowds, mass gatherings, and putting distance between people **(6 feet)**.

**Active Monitoring**
**State and local health departments** assume the responsibility to **communicate** with and **actively monitor** individuals in **close contact** with COVID-19, at least **once a day**, to collect and record temperature readings and assess for symptoms of fever, cough, and shortness of breath.

**Contact Investigation**
If you are contacted during a COVID-19 investigation there is a **possibility** that you have been exposed to someone who has tested positive for COVID-19. This **DOES NOT** mean you are **INFECTED**. This investigation is done to monitor activities since the time of possible exposure, and to help determine community risks and the necessary next steps.