



Jackson County Health Department

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Creating Healthy Communities

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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.



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