



Definitions During Pandemic Times

What	Meaning:	When You...	Explanation/Action
Self-Monitor	<ul style="list-style-type: none"> Monitor yourself for 14 days for symptoms Avoid crowded places and increase your personal space from others whenever possible. 	<ul style="list-style-type: none"> Have NO symptoms AND... May have been exposed to a virus through travel OR In close contact with older adults or high risk individuals. 	<ul style="list-style-type: none"> You are healthy but you were possibly exposed so you want to keep tabs on your own health. If you develop symptoms, isolate yourself from others immediately and contact your public health authority ASAP.
Self-Isolate	<ul style="list-style-type: none"> Stay at home Monitor yourself for symptoms, even if mild, for 14 days Avoid Contact with others. 	<ul style="list-style-type: none"> Have no symptoms AND... May have been exposed to the virus either by travel or close contact with someone who has the virus. 	<ul style="list-style-type: none"> This goes hand in hand with self-monitor. You are healthy but there is a risk you may have been exposed so you are isolating to protect others. If you develop symptoms, even mild, stay home and avoid contact with other people.
Isolate	<ul style="list-style-type: none"> Stay at home until the local Public Health Authority says you are no longer at risk of spreading the virus Avoid contact with others. 	<ul style="list-style-type: none"> Have symptoms, even mild OR Been diagnosed with the virus OR Waiting for lab test results 	<ul style="list-style-type: none"> You basically have a virus or awaiting confirmation. You must isolate to protect others. If your symptoms get worse, immediately contact your healthcare provider or the Public Health Authority and follow their instructions.
Social Distancing	<ul style="list-style-type: none"> Avoiding non-essential gatherings Avoid hand shakes Avoid crowded places (concerts, arenas, conference, pubs, movies, theatres) Limit contact with people at a higher risk like the elderly or those in poor health. Keep a distance of at least 3' from others. 	<ul style="list-style-type: none"> Are healthy. Not showing any signs or symptoms of the virus. 	<ul style="list-style-type: none"> You are basically healthy but it's always possible that you have the virus and don't know. That's the purpose of social distancing: to avoid accidental spread of the virus.