

# Know the difference: Physical (Social) Distancing, Self-isolation, and Isolation for COVID-19

Physical (Social) Distancing	Self-isolation	Isolation
<p><u>Physical (social) distancing</u> means to:</p> <ul style="list-style-type: none"> <li>• <b>Keep a distance of 2 meters</b> (at least 2 arms lengths) when going out</li> <li>• <b>Avoid</b> large gatherings and non-essential gatherings</li> <li>• <b>Avoid</b> common greetings, such as handshakes</li> <li>• Work from home if possible</li> <li>• <b>Avoid</b> visiting elderly friends or relatives</li> <li>• <b>Connect</b> via phone, video chat, or social media instead of in person.</li> <li>• <b>Monitor yourself</b> for one or more symptoms of COVID-19</li> </ul>	<p><u>Self-isolate</u> means to:</p> <ul style="list-style-type: none"> <li>• <b>Stay at home</b> and monitor yourself for symptoms, even if mild, for 14 days</li> <li>• <b>Avoid contact with other people</b> to help prevent the spread of disease in your home and in your community in the event you become symptomatic</li> <li>• <b>Do your part</b> to prevent the spread and limit contact with others by practicing <u>physical distancing</u></li> </ul>	<p><u>Isolation</u> means to:</p> <ul style="list-style-type: none"> <li>• <b>Stay at home</b> until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others</li> <li>• <b>Avoid contact with other people</b> to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people</li> <li>• Limit contact with others and <b>do not leave home</b> unless absolutely necessary, such as to seek medical care</li> </ul>

If you develop symptoms, even if mild, **stay home, avoid other people** and contact your [Public Health Authority](#) as soon as possible.

For information on [Physical \(Social\) Distancing for Parents, Teens and Children](#),

We can all do our part in preventing the spread of COVID-19. For more information: [Canada.ca/coronavirus](https://www.canada.ca/coronavirus) 1-833-784-4397

Information from PHAC <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/self-monitoring-self-isolation-isolation-for-covid-19.html>