

# Self-quarantine, self-isolation

Refraining from any contact with other individuals for a period of time during the outbreak of a contagious disease usually by remaining in one's home.



# Social distancing

Keeping at least six to ten feet away from others and refraining from touching and by staying indoors.



# Shelter in Place

During Covid-9

Mandates residents to stay in their homes and limit travel to essential trips, like picking up groceries, going to the bank, or receiving medical care.



**Term traditionally used by local officials during or immediately after an emergency, like a mass shooting, chemical spill or natural disaster. People select a small, interior room, with no or few windows, taking refuge there.**