

WHAT DOES THAT MEAN?



DEFINING QUARANTINE, SELF-ISOLATION AND SOCIAL DISTANCING

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As news about the novel coronavirus dominates the headlines, people are receiving advice on how to stay safe that may include a few new and unfamiliar terms.

To help clear things up, here are three words and phrases that you may need to know.

QUARANTINE:

Is a restriction on the movement of people and goods that is intended to prevent the spread of the disease or pets.

It is used to protect the

public by preventing exposure to infected persons or to people who may be infected.

SELF-ISOLATION:

Where there is a strong indication a person has been in contact with someone who has displayed the symptoms of the virus and then avoids contact with other people to help prevent the spread of the disease.

SOCIAL DISTANCING:

The World Health Organization advises to maintain a distance of a least one metre, while public health organizations are urging a two-metre distance - with a person who is coughing or sneezing.

It also includes avoiding physical contact with others in social situations, including handshakes, hugs and kisses.

Kevin Werner/Torstar
Knowing the right terms can make all the difference when it comes to coronavirus prevention.

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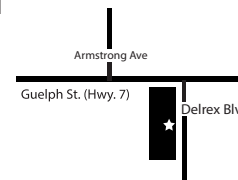
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