

Know the Difference

COVID-19 Response

@NCDHHS • #COVID19NC

Know the Difference

These methods help protect the public by preventing the spread of COVID-19.
Contact your local health department if you have questions.



Self-monitoring

Advises individuals to monitor themselves to see if they develop symptoms.



Isolation

Separates individuals who are sick away from those who are well.



Quarantine

Restricts movement of individuals potentially exposed to COVID-19 to see if they become sick.