

# Wondering what the difference is between physical distancing and self-isolation?

Have you travelled outside of New Brunswick or come into contact with someone who has symptoms of COVID-19?



**NO,**

but I still need to do my part to limit the spread of COVID-19 through **PHYSICAL DISTANCING:**

- Stay at home as much as possible by limiting trips for essential items and maintaining a distance of at least 2 metres from others.
- Designate one person in your household responsible for getting groceries
- Go outside to exercise, not socialize
- Avoid contact with others, especially individuals with chronic conditions, compromised immune systems and older adults
- Wash your hands often and avoid touching your face
- Monitor your health for symptoms daily (fever, cough, difficulty breathing)
- If you develop symptoms, isolate yourself from others as quickly as possible, use the self-assessment tool on the coronavirus website or call 811



**YES,**

and I need to **SELF-ISOLATE** for 14 days:

- When returning from travel, go straight home and do not stop at the grocery store or drug store
- Ask family and friends to bring items to you, and do not leave your home
- Stay at home and remain in self-isolation for 14 days upon your return
- Stay in your yard, open a window. Do not go outside for a walk, stay at home
- Living with others in your home? Practice physical distancing, and use separate bathrooms where possible
- Clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes at least once daily
- Monitor your health for symptoms daily (fever, cough, difficulty breathing)
- Record temperature daily
- If you develop symptoms, isolate yourself from others as quickly as possible, use the self-assessment tool on the coronavirus website or call 811