CONTACT TRACING: helps to find people exposed to a positive case of COVID-19 so they can be quarantined to stop further spread.

CLOSE CONTACT: anyone who has been within 6 feet or less for 15 cumulative minutes or more (in a 24-hour period) of an infected person starting from the 48 hours before the person began feeling sick until the time the person was isolated.

ISOLATION: separates sick people with a contagious disease from people who are not sick.

SELF-QUARANTINE: separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.