

PROVA NR. 1

Coronavirus, Social and Physical Distancing and Self-Quarantine

Reviewed By:

[Lisa Lockerd Maragakis, M.D., M.P.H.](#)

Now that the new coronavirus and COVID-19, the illness it causes, are spreading among communities in the United States and other countries, phrases such as “physical distancing,” “self-quarantine” and “flattening the curve” are showing up in the media.

What do they mean, and how might they apply to you, your family and your community?

[Lisa Maragakis, M.D., M.P.H.](#), senior director of infection prevention at Johns Hopkins, helps clarify these concepts so you can understand better why they’re being recommended.

What is social distancing?

The practice of social distancing means staying home and away from others as much as possible to help prevent spread of COVID-19. The practice of social distancing encourages the use of things such as online video and phone communication instead of in-person contact.

As communities reopen and people are more often in public, the term “physical distancing” (instead of social distancing) is being used to reinforce the need to stay at least 6 feet from others, as well as wearing face masks. Historically, social distancing was also used interchangeably to indicate physical distancing which is defined below. However, social distancing is a strategy distinct from the physical distancing behavior.