

## PROVA NR. 2

Coronavirus, Social and Physical Distancing and Self-Quarantine

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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.

### **COVID-19: When should physical distancing be practiced?**

Infectious disease expert Lisa Maragakis explains how physical distancing can help prevent the spread of the coronavirus and offers tips to practice it correctly.

What is physical distancing?

Physical distancing is the practice of staying at least 6 feet away from others to avoid catching a disease such as COVID-19.

As noted above, “social distancing” is a term that was used earlier in the pandemic as many people stayed home to help prevent spread of the virus. Now as communities are reopening and people are in public more often, physical distancing is used to stress the importance of maintaining physical space when in public areas.