

A QUICK GUIDE TO *Common COVID-19 Government Terms*

If you're wondering what the difference is between terms like "social distancing," "shelter in place," and "lockdown," you're not alone.

As the spread of COVID-19 continues, governments around the world are tightening up restrictions to try to avoid overwhelming our hardworking healthcare systems. Here's what it all means:

Social Distancing

The voluntary practice of increasing physical distance and decreasing in-person interactions with others.

- Stay at home when possible (e.g. work from home, switch to online classes)
- Avoid mass gatherings
- Minimize unnecessary travel, and avoid ALL international travel
- Outdoor activity IS allowed, but maintain a **minimum of 6 feet distance** from others at all times, whenever possible

TYPICALLY LABELED AS *Essential Services*

- Healthcare
- Emergency Services
- Law Enforcement
- Delivery Services
- Grocery Stores
- Pharmacies
- Gas Stations
- Mail and Shipping Services
- Legal Services
- *And more. Check with your local government for a full list.*

Stay at Home

In the context of the COVID-19 pandemic, "shelter in place" and "stay at home" orders have been used interchangeably, but the definitions, conditions, and enforcement can vary by location. In general, don't leave home unless you have to, and only for necessities. Since these are government orders, it could be enforced by law enforcement, if deemed necessary.

- Only essential workers allowed to travel for work
- Non-essential businesses are closed
- Outdoor activity IS allowed, but maintain healthy space from other people

TYPICALLY LABELED AS *Non-Essential Services*

- Dine-in Restaurants
- Theaters
- Gyms
- Salons and Spas
- Museums
- Shopping Malls
- Sporting and Concert Venues

Lockdown

NOT the same as martial law, where the military is put in charge of a country. A term used mostly in China and Europe when the COVID-19 spread became most severe.

- "Lockdown" can mean a variety of things, but in general, it is stricter than "shelter in place" or "stay at home orders"
- Could involve the enforcement of a curfew
- Could involve severe travel restrictions, including closing down a country's borders
- Outdoor activity could be limited or banned, as is the case in Italy and Spain

ISOLATION vs. SELF-QUARANTINE

Isolation. People who know or think that they are infected should isolate themselves immediately from others to prevent the spread of COVID-19. Isolation may be voluntary or compelled by state, federal, or local public health order.

Self-Quarantine. People who have, or may have, been exposed to someone who is infected, but are not yet symptomatic, should quarantine themselves for two weeks to monitor for symptoms.

*Stay calm, stay home,
and wash your hands!*

Note the definitions of the above terms may vary based on your location. Compiled 3/27/20.

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