

# COVID-19 Coronavirus Disease

# Public Health Measures

## Physical distance

This is for **everyone** all the time. Don't shake hands or hug. Stay six feet apart. Wash hands well and often. Cover coughs and sneezes with a tissue or elbow.



Persons should stay six feet apart.  
They have no symptoms

## Quarantine

This involves separating those persons who may have been **exposed** to COVID-19 from those who have not



Persons in quarantine are well.  
They have no symptoms

## Isolation

This involves separating persons who have **symptoms** of COVID-19 from persons who do not



Persons in isolation are sick.  
They show symptoms

All of these measures are taken to **protect** the public and **prevent** the spread of COVID-19.



GOVERNMENT OF BERMUDA  
**Ministry of Health**

For more information visit:  
[www.gov.bm/coronavirus](http://www.gov.bm/coronavirus)