Glossary of commonly-used COVID-19 terms
There is a difference between self-quarantine and self-isolation

The coronavirus pandemic has introduced us to new words and phrases. Understanding what they mean can help you protect yourself from infection and decrease anxiety.

Asymptomatic: Not showing any symptoms (signs of disease or illness). Some people without any symptoms still have and can spread the coronavirus. They are **asymptomatic**, but contagious.

The Centers for Disease Control (CDC): The United States' federal health protection organization.

COVID-19: The name of the illness caused by the coronavirus SARS-CoV-2. COVID-19 stands for "**CO**rona**VI**rus **D**isease **2019**."

Face Covering: A cloth face covering, surgical mask, etc., which helps slow the spread of COVID-19.

"Fully Vaccinated": People are considered fully vaccinated two weeks after recieving their second dose in a two-dose series or two weeks after a single-dose vaccine.

Incubation Period: The time it takes for someone with an infection to start showing symptoms. For COVID-19, symptoms appear 2-14 days after infection.

Physical Distancing: Putting space between yourself and other people at all times. The goal is to slow down how fast an infection spreads.

Screening: This is not the same as a coronavirus test. This step helps health care workers decide if you actually need a coronavirus test. It is a series of basic questions about your health conditions and recent history. A screening may also include other common health care procedures, like taking your temperature.

Self-Isolation: Separating yourself when you're sick from healthy individuals to prevent spreading illness.

Self-Quarantine: Self-quarantine is a method of slowing the spread of COVID-19 by staying at home and away from other people. You might be asked to self-quarantine if you have knowingly been exposed to an infected person, or recently returned from traveling to a part of the country or the world where COVID-19 is spreading rapidly.

Symptomatic: When a person shows signs of illness. For COVID-19, that includes cough, fever or shortness of breath. Call your health care provider or the AU Medical Clinic at 334-844-9825 if you have any symptoms.

COVID-19
RESOURCE CENTER

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