

# 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're 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 "coronavirus disease 2019."

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

**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 healthcare workers to decide if you actually need a coronavirus test. It's a series of basic questions about your health condition and recent history. A screening may also include other common healthcare 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 through staying at home and away from other people. You might be asked to practice 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 healthcare provider or the AU Medical Clinic if you have any of the symptoms.

