these are logically equivalent "mean the same thing".

More negations $\sim (P \land Q) = (\sim P) \lor (\sim Q) \quad De Morgan's$ $\sim (P \lor Q) = (\sim P) \land (\sim Q) \quad Laws$ $\sim (P \lor Q) = (\sim P) \land (\sim Q) \quad A$ $\sim (P \lor Q) = (\sim P) \land (\sim Q) \quad A$ $\sim (P \lor Q) = (\sim P) \land (\sim Q) \quad A$