

# SOCIAL DISTANCING, MONITORING, QUARANTINE OR ISOLATION? (COVID-19)

ALL ARE USED TO CONTROL THE SPREAD OF COVID-19.  
HOW DO THEY DIFFER AND HOW LONG DO THEY LAST?

<b>WHO?</b>	<b>Everyone.</b> No symptoms but potential casual contact (gathering, class, etc.) with someone who tested positive for COVID-19	<b>Exposure.</b> No symptoms but had close contact** with someone who is suspected or confirmed for COVID-19	<b>Symptoms.</b> Has symptoms * of COVID-19 (regardless of exposure or single test result)
<b>WHAT?</b>	<b>Social distance.</b> Stay at least 6 feet from others. Minimize travel (or stay home as much as possible). Self-monitor. Check for fever or respiratory symptoms.	<b>Self-quarantine.</b> Stay home and limit interactions with others. <b>Self-monitor.</b> Check for fever or respiratory symptoms.	<b>Self-isolate.</b> Do not leave home. Avoid others in your residence. Disinfect surfaces regularly. Monitor for symptoms that may require hospitalization. ***
<b>FOR HOW LONG?</b>	Until the pandemic ends	Until 14 days after exposure	No less than 10 days from symptom onset AND 72 hours after fever disappears AND improvement in respiratory symptoms

## DEFINITIONS:

**\*Symptoms of COVID-19:** New or worsening cough, shortness of breath, sore throat, headache, loss of taste or smell AND/OR feeling feverish or temperature > 100.0 F.

**\*\*Prolonged Close Contact:** a) being within approximately 6 feet of a suspected or confirmed COVID-19 case for more than a few minutes; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case; **OR** b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

**\*\*\*Symptoms that Suggest COVID-19 Worsening, Call Your Doctor or Go to ER:** shortness of breath at rest, chest pain, persistently high fever despite fever lowering medicine, confusion, lightheadedness, inability to eat or drink

**Social Distance:** Social distancing is a conscious effort to maintain distance between yourself and other people as a way to mitigate the spread of disease. This means avoiding public gatherings, bars, restaurants or other events, even if you are symptom free. Stay at least 6 feet from other people as often as possible. Take precautions if you cannot maintain that distance, such as using alcohol-based hand sanitizer and/or hand washing immediately after contact. Consider using curbside pick-up or delivery for essential items.

**Self-monitor:** People should monitor themselves for symptoms of COVID-19 by taking their temperatures twice a day and remaining alert for cough or difficulty breathing. If they feel feverish or develop measured fever, cough, or difficulty breathing during the self-monitoring period, they should self-isolate, limit contact with others and seek advice by telephone from a healthcare provider to determine whether medical evaluation is needed.

**Self-quarantine:** Separates people who were exposed but do not have symptoms to see if they become symptomatic. A person can be contagious before symptoms begin, so this is critical to prevent the spread.

**Self-isolation:** Separates people **with symptoms of COVID-19**, with or without a positive test. Stay home and away from others who share your residence to prevent the spread of the virus.

**Face covering:** Wear a face covering any time that you are interacting with others and cannot ensure proper distancing.

Note: Testing guidance is based on limited information and is subject to change as more information becomes available.