

# 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 tested positive for COVID-19	<b>Symptoms.</b> Has symptoms* of COVID-19, clinically diagnosed, and/or have a positive test.
<b>WHAT?</b>	<b>Social distance.</b> Stay at least 6 feet from others. Minimize travel (or stay home as much as possible). <b>Self-monitor.</b> 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	14 days after exposure and remain asymptomatic.	No less than 10 days from symptom onset AND 24 hours after fever disappears AND improvement in respiratory symptoms

## DEFINITIONS:

**\*Symptoms of COVID-19:** New or worsening subjective fever or temperature, cough, shortness of breath, fatigue, chills, shortness of breath, difficulty breathing, headache, loss of taste or smell, congestion or running nose, nausea, vomiting, diarrhea, muscle aches/pain, or sore throat

**\*\*Prolonged Close Contact:** a) being within approximately 6 feet of a COVID-19 case for more than 15 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. 14 day quarantine and no symptoms.

**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 for least 10 days from the start of symptom.

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

