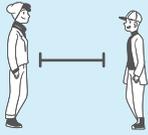


Social distancing, self-monitoring, quarantine, isolation for COVID-19



What do these terms mean? And what do I do if I'm asked to do them?



Social distancing

We should ALL be practicing social distancing. It help protect everyone in our community, especially those who are most vulnerable, from illness. What does this look like?

Individuals can:

- Keep six feet between people as much as possible.
- Get curbside pick up for groceries or restaurant orders instead of going inside.
- Use online or drive-through services at the bank.
- Avoid public places at their busiest times.
- Avoid getting together in large social groups.

Businesses & organizations can:

- Have employees tele-work.
- Limit in-person meetings and travel.
- Modify operations to provide more online options and restrict people from gathering.

You may be asked to do any of the following:

Who should do it?

What is it?



Self-monitoring

People without symptoms, but who had a low-risk exposure like being in an airport or restaurant at the same time as someone with a confirmed case of COVID-19.

- Practice social distancing.
- Check & record your temperature 2x a day and watch for symptoms.
- If symptoms develop, CALL your doctor to explain symptoms and possible exposure before going in.



Self-quarantine

People without symptoms, but who have a higher potential of becoming sick because of where they traveled or having had contact with someone being tested for COVID-19.

- Stay home 24/7 and self-monitor for 14 days.
- Family and roommates should practice social distancing.
- If you become symptomatic, family and roommates should also go into self-quarantine.



Monitored quarantine

Travelers from countries noted by the CDC (<https://wwwnc.cdc.gov/travel>) and close contacts of people who have tested positive for COVID-19.

- Same steps as self-quarantine
- Plus report your twice daily temperatures and symptoms to the Health Department during your 14 days of quarantine.



Self-isolation

People sick with symptoms of COVID-19 but not sick enough to be hospitalized.

- Stay in a separate room from the rest of their household members.
- Use a separate bathroom if possible.
- Family and roommates should avoid contact with sick person and practice self-quarantine.
- Wear a mask if you go into shared spaces.