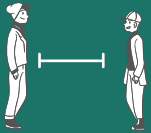


# Social distancing, self-monitoring, quarantine, isolation

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 helps 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.
- Avoid in-person meetings and travel.
- Modify operations to provide more online options and restrict people from gathering.

### We may ask you to:

### Who should do it?

### What should you do?



#### Self Monitor

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 temperature 2x a day & watch for symptoms.
- If symptoms develop, get tested.



#### Self Quarantine

People without symptoms, but who have a higher potential of becoming sick because they had contact with someone that has tested positive for COVID-19.

- Stay home 24/7 for at least 10 days and self-monitor for 14 days.
- Family and roommates should practice social distancing.
- If you become symptomatic, get tested. Family and roommates should also go into self-quarantine.



#### Monitored Quarantine

Travelers from Europe, China, Iran and other countries. Close contacts of people who have tested positive for COVID-19.

- Same steps as self-quarantine
- Plus report your 2X 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.
- Keep toothbrushes separate if you must use the same bathroom.
- Family and roommates should avoid contact with sick person and practice self-quarantine.
- Wear a mask if you go into shared spaces.