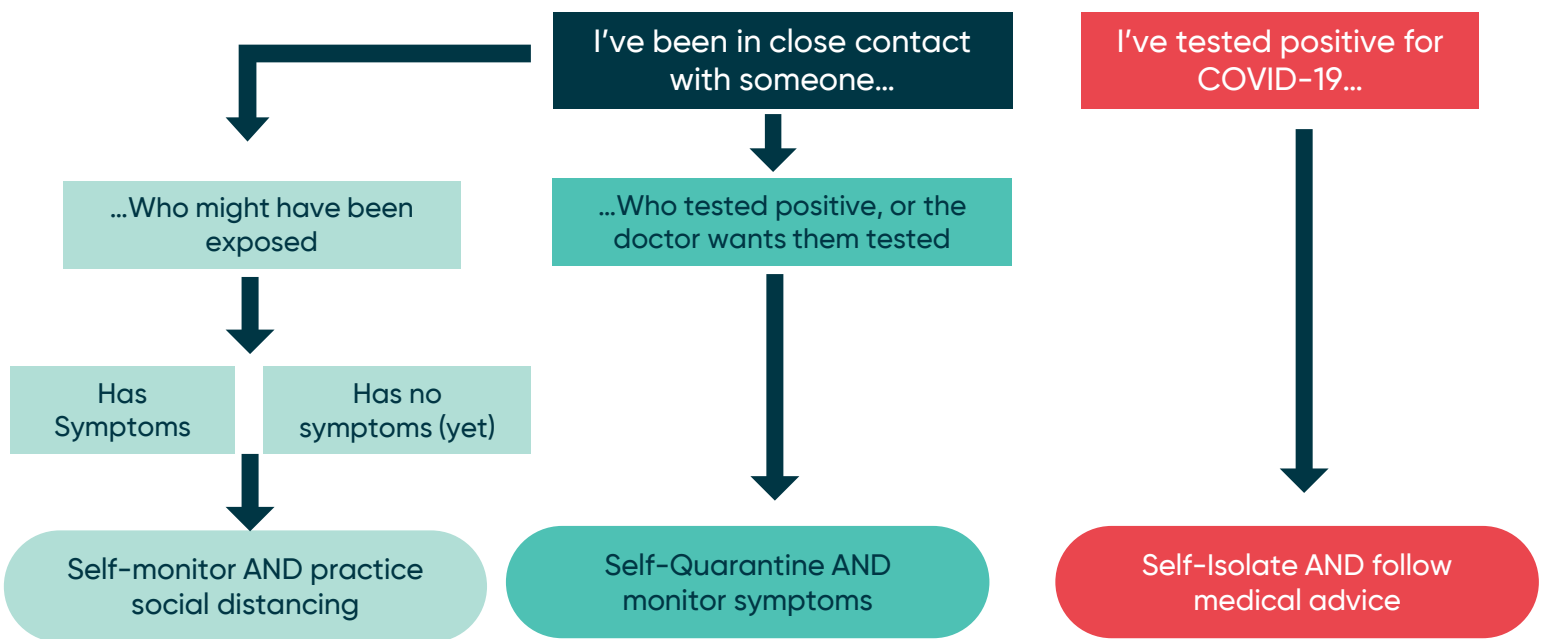


# CORONAVIRUS DISEASE (COVID-19): SOCIAL DISTANCE, QUARANTINE AND ISOLATION EXPLAINED



It is easy to get confused with new terms like social distancing, quarantine, and isolation. Making sense of them can prepare you and your family for any potential medical directions if you are exposed or are diagnosed with COVID-19. Everyone should be practicing social distancing for the health of ourselves and our neighbors.



## Social distancing is staying physically away from others to slow the spread

- Work from home if possible
- No physical gatherings
- Exercise or play outside *ONLY* with the people you live with
- Avoid in-person play-dates
- Limit trips to essentials and wear protective masks while in public
- Wash hands often and especially every time you are in public
- Monitor for any symptoms

## Quarantine is what you are to do for 14-days if you have been in close exposure to anyone who tests positive for COVID-19

- Stay home for 14 days because once exposed to COVID-19, symptoms can appear within 2-14 days if you are infected
- Avoid contact with other people
- Do not share household items
- Monitor your symptoms and report them to your provider if they change
- Be alert for symptoms like dry cough or shortness of breath
- Call your doctor if you have trouble breathing or a fever over 100.4

## Self-isolate means keeping alone and away from others while you recover from COVID-19

- If diagnosed, you must be fever free for 24 hours with no fever reducing medication AND at least 10 days from first symptoms and see symptom improvement.
- Isolate in an area away from the rest of your family
- Follow medical advice
- Limit physical contact with your family to protect their health
- Do not share the bed, utensils, and if possible, the same bathroom as others
- Wear a mask when others must enter your room
- Have groceries delivered if possible