



# A GUIDE TO Social Distancing, Self-Quarantine ← and → Self-Isolation

Here's how to practice with social distancing, self-quarantine and self-isolation. Remember to cover coughs and sneezes, and wash hands often with soap and water.

Social Distancing	Self-Quarantine	Self-Isolation
<b>Here's Why</b>		
Prevents Spread	Monitors Symptoms	Prevents Spread, Promotes Healing
<b>Who</b>		
Healthy, No Symptoms	Possibly Sick	Confirmed Sick
<b>How Far Away &amp; How Long?</b>		
6+ Feet Away from Others, Especially those with Symptoms	6+ Feet Away 14 Days at Home	Secluded from Others 10 Days & Fever Free, Follow Doctor's Orders
<b>Why It's Important</b>		
Keep a safe distance from others to avoid getting coughed or sneezed on, and limit the surfaces you touch that could spread germs.	After exposure stay home and at least six feet away from others for 14 days, even if you feel healthy.	After a lab test confirms you have COVID-19, isolate yourself away from others until you no longer have a fever and are not contagious.
<b>What Do You Need to Do?</b>		
<b>Keep Your Distance</b> <ul style="list-style-type: none"> <li>• Avoid groups of 10+</li> <li>• Use phone or digital communications</li> <li>• Replace hugs/handshakes with no-touch greetings</li> <li>• Work from home</li> <li>• Attend meetings and events by phone or computer</li> <li>• Cancel/postpone optional travel and non-urgent health appointments</li> <li>• Use drive-through, pickup or delivery options from stores and restaurants</li> <li>• Do not visit nursing homes, retirement or senior centers, or long-term care facilities</li> <li>• Go to the store at off-peak times when it is less busy</li> </ul>	<b>Monitor for Symptoms</b> <ul style="list-style-type: none"> <li>• Aches and pains</li> <li>• Cough</li> <li>• Diarrhea</li> <li>• Fever</li> <li>• Headache</li> <li>• Nasal congestion</li> <li>• Runny nose</li> <li>• Shortness of breath</li> <li>• Sore throat</li> <li>• Tiredness</li> </ul> <p>Contact your doctor if you have a fever, cough or shortness of breath.</p>	<b>Isolate from People &amp; Pets</b> <ul style="list-style-type: none"> <li>• Use a separate bathroom</li> <li>• Sleep alone</li> <li>• Don't share towels, dishes, drinks, etc.</li> </ul> <p>Contact your doctor if you are not improving or another health condition is getting worse.</p> 

## PREVENT CABIN FEVER

