## 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:

<table>
<thead>
<tr>
<th>Who should do it?</th>
<th>What is it?</th>
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</thead>
<tbody>
<tr>
<td><strong>Self-monitoring</strong></td>
<td>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.</td>
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<tr>
<td><strong>Self-quarantine</strong></td>
<td>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.</td>
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<tr>
<td><strong>Monitored quarantine</strong></td>
<td>Travelers from countries noted by the CDC (<a href="https://wwwnc.cdc.gov/travel">https://wwwnc.cdc.gov/travel</a>) and close contacts of people who have tested positive for COVID-19.</td>
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<tr>
<td><strong>Self-isolation</strong></td>
<td>People sick with symptoms of COVID-19 but not sick enough to be hospitalized.</td>
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- 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.
- 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.
- Same steps as self-quarantine
- Plus report your twice daily temperatures and symptoms to the Health Department during your 14 days of quarantine.
- 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.