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.

#### 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.

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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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<tr>
<td><strong>Self-monitoring</strong></td>
<td>People without symptoms, but who had a low-risk exposure like being in an airport, large facility, or restaurant at the same time as someone with a confirmed case of COVID-19.</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. |
| **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 in the home. |

www.nwhealth.org/covid19  
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