

# SOCIAL DISTANCING, MONITORING, QUARANTINE OR ISOLATION? (COVID-19)

## ALL ARE USED TO CONTROL THE SPREAD OF COVID-19. HOW DO THEY DIFFER AND HOW LONG DO THEY LAST?

WHO?	<b>Everyone.</b> No symptoms but potential casual contact (gathering, class, etc.) with someone who tested positive for COVID-19	<b>Exposure.</b> No symptoms but had close contact** with someone who tested positive for COVID-19	<b>Symptoms.</b> Has symptoms* of COVID-19 (regardless of exposure or single test result)
WHAT?	<b>Social distance.</b> Stay at least 6 feet from others. Minimize travel (or stay home as much as possible). <b>Self-monitor.</b> Check for fever or respiratory symptoms.	<b>Self-quarantine.</b> Stay home and limit interactions with others. <b>Self-monitor.</b> Check for fever or respiratory symptoms.	<b>Self-isolate.</b> Do not leave home. Avoid others in your residence. Disinfect surfaces regularly. Monitor for symptoms that may require hospitalization.***
FOR HOW LONG?	Until the pandemic ends	Until 10 days after exposure, no symptoms and without testing <b>OR</b> until 7 days after exposure, no symptoms and with a negative test result occurring on day 6 or later. ****	At least 10 days since symptoms first appeared <b>AND</b> at least 24 hours with no fever without fever-reducing medications <b>AND</b> symptoms have improved

\*\*\*\*In both cases, continue to monitor for symptoms for 14 days after last exposure.

### DEFINITIONS:

**\*Symptoms of COVID-19:** Range from mild to severe and may include fever ( $\geq 100.0^{\circ}\text{F}$ ) or chills, shortness of breath/difficulty breathing, fatigue, muscle/body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting and/or diarrhea

**\*\*Close Contact:** Being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated

**\*\*\*Symptoms that Suggest COVID-19 Worsening, Call Your Doctor or Go to ER:** Shortness of breath at rest, chest pain, persistently high fever despite fever lowering medicine, confusion, lightheadedness, inability to eat or drink

**Social Distance:** Social distancing is a conscious effort to maintain distance between yourself and other people as a way to mitigate the spread of disease. This means avoiding public gatherings, bars, restaurants or other events, even if you are symptom free. Stay at least 6 feet from other people as often as possible. Take precautions if you cannot maintain that distance, such as using alcohol-based hand sanitizer and/or hand washing immediately after contact. Consider using curbside pick-up or delivery for essential items.

**Self-monitor:** People should monitor themselves for symptoms of COVID-19 by taking their temperatures twice a day and remaining alert for cough or difficulty breathing. If they feel feverish or develop measured fever, cough, or difficulty breathing during the self-monitoring period, they should self-isolate, limit contact with others and seek advice by telephone from a healthcare provider to determine whether medical evaluation is needed.

**Self-quarantine:** Separates people who were exposed but do not have symptoms to see if they become symptomatic. A person can be contagious before symptoms begin, so this is critical to prevent the spread.

**Self-isolation:** Separates people **with symptoms of COVID-19**, with or without a positive test. Stay home and away from others who share your residence to prevent the spread of the virus.

Note: Testing guidance is based on limited information and is subject to change as more information becomes available.

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