# 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?
- **Everyone.** No symptoms but potential casual contact (gathering, class, etc.) with someone who tested positive for COVID-19
- **Exposure.** No symptoms but had close contact** with someone who tested positive for COVID-19
- **Symptoms.** Has symptoms of COVID-19 (regardless of exposure or single test result)

## What?
- **Social distance.** Stay at least 6 feet from others. Minimize travel (or stay home as much as possible). **Self-monitor.** Check for fever or respiratory symptoms.
- **Self-quarantine.** Stay home and limit interactions with others. **Self-monitor.** Check for fever or respiratory symptoms.
- **Self-isolate.** Do not leave home. Avoid others in your residence. **Self-monitor.** Check for fever or respiratory symptoms. 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 OR 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 AND at least 24 hours with no fever without fever-reducing medications AND symptoms have improved

## Definitions:
- **Symptoms of COVID-19:** Range from mild to severe and may include fever (≥ 100.0°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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