

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. Disinfect surfaces regularly. Monitor for symptoms that may require hospitalization.***
FOR HOW LONG?	Until the pandemic ends	Until 14 days after exposure	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 ($\geq 100.0^{\circ}\text{F}$) 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

****Prolonged Close Contact:** a) being less than six feet from a person who has tested positive for COVID-19 for 15 minutes or more, regardless of whether either person was wearing a face covering; **OR** b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

*****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.