COVID-19 Recommendations for Social Distancing, Monitoring, Quarantine, and Isolation

Definitions

Social Distancing:

Measures people use to separate themselves from others and reduce their risk of infection. This can mean avoiding everything from crowded events or get-togethers in large social groups to greeting a person with a nod instead of a hug.

Self-Monitoring:

Tactics people use when they have no symptoms AND a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days. This would include checking yourself for a 14-day period for one or more symptoms of COVID-19, including taking your temperature twice a day. Social distancing is practiced to keep the risk of secondary transmission at its lowest, but *you are not under quarantine or isolation.*

Self-Quarantine:

Quarantines are meant to restrict the movement of individuals who may have been exposed to the contagious disease, but have not tested positive. Those persons should minimize contact with others in their home if possible, and stay out of public places. Quarantine doesn't mean an individual can't still live with their family or roommates. While the CDC does recommend a person keep to their own bedroom, wear a face mask around others, and don't share items such as dishes, towels, etc., the person does not need to move out. Household members and roommates should practice self-monitoring.

Self-Isolation:

Isolation involves separating those with a confirmed case of COVID-19 from the population so they can recover and reduce the risk of passing on the virus to others. The person should separate themselves from other household members and pets whenever possible. Household members should practice self-quarantine.

Directions for Isolation, Quarantine, Monitoring, and Social Distancing

The Washtenaw County Health Department has developed a guide of "Directions for Social Distancing, Monitoring, Quarantine, and Isolation that can be found at www.emich.edu/coronavirus. It provides detailed actions that should be taken to manage any of those situations, and to lower risk to oneself and those around that person.

Guidance in Your Daily Interactions With Others

- If you think you have been exposed to COVID-19 and you are experiencing symptoms, stay home and call your health care provider. Do NOT go directly to see the provider or to a hospital unless you are directed to do so.

- If you're at high risk of becoming sick because you were in direct contact with someone who is sick, then self-quarantine.

- If you attended an event or worked in an area where someone sitting or working at the other side or end of the room later became sick, then self-monitor.

- If your spouse/partner/roommate was sent home to self-quarantine because one of their co-workers tested positive for COVID-19, then you should self-monitor.

- If you have been told by your employer or a health care provider to self-quarantine, your household members/roommates should self-monitor.

These guidelines are in accordance with CDC, State and local health department recommendations. These guidelines could change at any time based on updates from any of the above agencies.