

COVID-19

Definitions for Physical Distancing, Monitoring, Quarantine, and Isolation

Physical (Social) Distancing

Measures people use to separate themselves from others who are not from your household 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, and remaining at least 6 feet apart in both indoor and outdoor spaces.

Physical distancing should be practiced in combination with other everyday preventive measures to reduce the spread of COVID-19, including wearing cloth face coverings, avoiding touching your face with unwashed hands, and frequently washing your hands with soap and water for at least 20 seconds.

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. Physical distancing is practiced to keep the risk of secondary transmission at its lowest, but *you are not under quarantine or isolation*.

Self-Quarantine

Quarantine is used to restrict the movement of individuals who may have been exposed to COVID-19 away from others. Individuals have not tested positive themselves. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. Those persons should minimize contact with others in their home if possible, and stay out of public places, as well as monitor their health for the development of symptoms for 14 days. 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.

Guidance in Your Daily Interactions With Others and Exposure

- 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 close contact with someone who has COVID-19 symptoms, or has tested positive for COVID-19, 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 (more than 6 feet) later became sick, then self-monitor.
- If your spouse/partner/roommate was sent home to self-quarantine because one of their co-workers, friends, or classmates 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.

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