

Social Distancing During COVID-19

The best way to prevent COVID-19 is to avoid being exposed to the virus altogether. By staying home, we can distance from people who may be sick, and avoid exposing ourselves to others if we possibly are carrying the virus.

You have probably heard the terms Social Distancing, Self-Quarantine, and Isolation used a lot lately to talk about staying safe from COVID-19. This fact sheet explains these terms and ways we can still stay connected even while physically apart.

WHAT IS SOCIAL DISTANCING?

Deliberately increasing the physical distance between people to minimize the spread of illness during infectious disease outbreaks



Maintain 6 feet or more of distance between yourself and others to lessen the spread of germs



If possible, work from home and transition to online coursework for school.



Avoid unnecessary errands. Complete essential outings at non-peak times.



Avoid large gatherings and cancel in-person meetings or gatherings.

WHAT IS SELF-QUARANTINE?

Staying home or away from others after either being exposed to someone known to be infected or after leaving an area with a high density of cases. For COVID-19 it is recommended individuals self-quarantine for 10 days unless symptoms develop. If symptoms develop, contact your healthcare provider over the phone, as well as the state department of health.

WHAT IS ISOLATION?

Staying home and away from others for those individuals who have a confirmed case of COVID-19. This can take place either at home or in a healthcare facility. Individuals who are isolating due to illness should communicate with their healthcare provider and health department to determine when they can stop isolating.

Even though we may have to be physically distant from others at this time, it does not mean we can not stay connected in different ways.

THE DOS AND DON'TS OF SOCIAL DISTANCING

DO

- Stay at home
- Work from home if you can
- Read a book
- Watch a movie
- Cook a meal
- Video chat with friends/family
- Do a puzzle
- Listen to music
- Do yoga
- Exercise at home
- Craft with kids/family
- Call/text people to check in
- Share pictures with friends/family
- Write letters
- Drum over video chat
- Pray with friends/family over call
- Tell stories
- Draw pictures or color
- Write or journal

USE CAUTION

- Go grocery shopping if necessary
- Take a walk outside
- Go for a run
- Pick up medications
- Get take-out from a restaurant
- Take dog on a walk

Note: "Use caution" applies to activities that remove you from your home and increase exposure. When engaging in these activities, take extra precaution by remaining 6 feet away from others and washing your hands frequently, especially after returning home.

DON'T

- Work out at gym
- Host/attend playdates
- Attend community meetings
- Invite visitors into your home
- Host/attend house parties
- Shop at malls
- Attend church services
- Dine in at restaurants
- Hang out in groups
- Attend public gatherings
- Work in groups
- Travel if not necessary
- Visit crowded outdoor spaces
- Attend plays or concerts

RESOURCES USED

- Johns Hopkins Medicine. "Coronavirus, Social Distancing, and Self-Quarantine" <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>
- University of Alabama. "What is Social Distancing" uab.edu/coronavirus
- Centers for Disease Control and Prevention. "Coronavirus – COVID-19" <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?



www.cdc.gov/coronavirus



1-855-600-3453
Coronavirus Hotline



www.coronavirus.gov



www.ihs.gov



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