

Quarantine, Isolation, Social Distancing, Oh my!

The best thing you can do to stay healthy and to help your community stay healthy is to stay home!

What does quarantine mean?

It is an effective way to protect the public as it restricts the movement of people or groups who don't have symptoms but were exposed to the virus. A quarantine keeps them away from others so they don't unknowingly infect anyone.

What does isolation mean?

Isolation is for individuals that are contagious. It separates sick people from others that are not sick.

What is Social Distancing?

We don't normally think about all the ways we are interconnected throughout the day until we are asked to avoid people. Social distancing involves taking steps to limit the number of people you come in close contact with. If you must be around people, keep at least 6 feet distance between you and another person:

- Avoid gatherings of people.
- Work from home if able. If not, work with your employer to adjust your work surroundings to limit interactions with people.
- Encourage virtual gatherings of people through Skype, Facebook, and Zoom or other virtual platforms. Especially with those that are high risk.
- Avoid all non-essential trips to the community. Try to plan what your household will need for 2 weeks at a time. Only send one family member to the store at one time. Take hand sanitizer or sanitizer wipes with you so you can wipe down your hands, carts, credit card keypads etc. Be aware of your surroundings and make smart decisions.
- Spend time outside and take a walk, go to the park, or walk your dog. If you encounter people, maintain a 6 ft distance.
- At all times practice personal hygiene and wash your hands.

What happens when you are quarantined?

- **Make it a staycation:** Avoid leaving the house unless absolutely necessary. That means no work, school, or church and saying no to your cousin's baby shower.
- **Call ahead:** While your local or state health department will most likely keep tabs on your health, you may need to see your doctor, too. Please call ahead BEFORE you visit any of our clinics so that we can take steps to prevent others from getting infected.
- **Worried about Fido?** At this time, the CDC says there's no evidence that companion animals, including pets, can spread COVID-19. But it may still be good to still use caution. If you've been exposed to COVID-19, one should avoid petting, snuggling, being kissed or licked, and sharing food with your pet during a coronavirus quarantine.

- **Have your own stuff:** Don't swap unwashed dishes, eating utensils, towels, or bedding with other people or pets in your home.
- **Wash, rinse, repeat:** Hygiene is an integral part of this, even at home. Hand washing should be your first line of defense when under quarantine. And don't forget to cough or sneeze into your elbows or a tissue that you then immediately throw away.

Remember: While you may not feel sick, and while we know these measures are an inconvenience, please be mindful of the members of our community who are more vulnerable to COVID-19 than others.

Cooperate: Following quarantines, isolation, social distancing and other public health mandates will help slow — and eventually stop — the spread of COVID-19.

We understand that being cooped up inside may seem unbearable. But the time WILL pass, and your forced staycation will save lives.