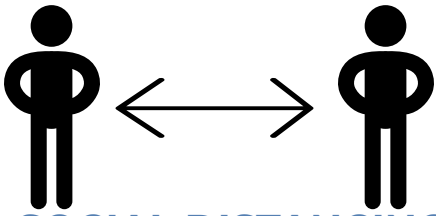# COVID-19
SOCIAL DISTANCING, SELF-MONITORING, & ISOLATION
WHAT DOES IT MEAN?

SOCIAL DISTANCING

Staying 6 feet away from others at all times
This helps protect the most vulnerable in our communities

What should you do?
- Keep 6 feet between you and others as possible
- Use curbside pick-up for groceries + takeout
- Use online or drive through banking services
- Avoid public places at busiest times
- Avoid large social group activities

What should businesses & organizations do?
- Have employees work-from-home
- Limit travel and in-person meetings
- Modify daily operations to allow for online options and restrict gatherings of people

YOU MAY BE ASKED TO DO ANY OF THE FOLLOWING:

SELF-MONITOR

Who should do this?
Those without symptoms, but with low-risk exposure like being in an airport or restaurant with someone with a confirmed case of COVID-19

What does it mean?
- Practice social-distancing
- Check temperature twice daily + watch for symptoms
- If you develop symptoms. CALL your doctor to explain prior to seeking care

SELF QUARANTINE

Who should do this?
Those without symptoms but with a higher risk of illness due to travel or having contact with someone being tested for COVID-19

What does it mean?
- Stay home + self-monitor for 14 days
- Family or roommates should practice social-distancing
- If you become symptomatic, family + roommates should also self-quarantine

MONITORED QUARANTINE

Who should do this?
Those who have traveled to China, Iran, United Kingdom, Ireland, Europe, or on cruiseships, and those having had close contact with people positive for COVID-19

What does it mean?
- Follow self-quarantine
- Report your twice daily temperatures to the Health Department during your 14-day quarantine

SELF-ISOLATE

Who should do this?
People who have symptoms of COVID-19 and are not sick enough to require hospitalization

What does it mean?
- Stay in separate room from others in your home
- Use a separate bathroom if possible
- Family/roommates should practice self-quarantine
- Wear a mask if you go into shared spaces