Social distancing, self-monitoring, quarantine, isolation

What do these terms mean? And what do I do if I'm asked to do them?

Social distancing
We should ALL be practicing social distancing. It helps protect everyone in our community, especially those who are most vulnerable, from illness. What does this look like?

**Individuals can:**
- Keep six feet between people as much as possible.
- Get curbside pick up for groceries or restaurant orders instead of going inside.
- Use online or drive-through services at the bank.
- Avoid public places at their busiest times.
- Avoid getting together in large social groups.

**Businesses & organizations can:**
- Have employees tele-work.
- Avoid in-person meetings and travel.
- Modify operations to provide more online options and restrict people from gathering.

We may ask you to:

**Self Monitor**
People who were vaccinated and exposed to covid or people who attended a high risk event such as a concert or athletic event.

- Practice social distancing.
- Check & record temperature 2x a day & watch for symptoms.
- Get tested 3-5 days post-exposure, or if symptoms develop.

**Self Quarantine**
People without symptoms, but who have a higher potential of becoming sick because they had contact with someone that has tested positive for COVID-19.

- Stay home 24/7 for at least 10 days and self-monitor for 14 days.
- Family and roommates should practice social distancing.
- If you become symptomatic, get tested. Family and roommates should also go into self-quarantine.

**Self Isolation**
People sick with symptoms of COVID-19 but not sick enough to be hospitalized.

- Stay in a separate room from the rest of their household members.
- Use a separate bathroom if possible.
- Keep toothbrushes separate if you must use the same bathroom.
- Family and roommates should avoid contact with sick person and practice self-quarantine.
- Wear a mask if you go into shared spaces.

Vaccination is the best way to prevent serious health effects from COVID-19. Free vaccinations are available at BEDHD at throughout the community by appointment or walk-in. To schedule an appointment or look at our schedule, visit: https://www.barryeatonhealth.org/schedule-vaccine

Adapted from Washtenaw County Health Department

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