# Social Distancing, Monitoring, Quarantine or Isolation? (COVID-19)

All are used to control the spread of COVID-19. How do they differ and how long do they last?

<table>
<thead>
<tr>
<th>WHO?</th>
<th>Everyone. No symptoms but potential casual contact (gathering, class, etc.) with someone who tested positive for COVID-19</th>
<th>Exposure. No symptoms but had close contact** with someone who is suspected or confirmed for COVID-19</th>
<th>Symptoms. Has symptoms* of COVID-19 (regardless of exposure or single test result)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOR HOW LONG?</td>
<td>Until the pandemic ends</td>
<td>Until 14 days after exposure</td>
<td>No less than 10 days from symptom onset AND 72 hours after fever disappears AND improvement in respiratory symptoms</td>
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</tbody>
</table>

**Definitions:**

*Symptoms of COVID-19:* New or worsening cough, shortness of breath, sore throat, headache, loss of taste or smell AND/OR feeling feverish or temperature > 100.0 F.

**Prolonged Close Contact:** a) being within approximately 6 feet of a suspected or confirmed COVID-19 case for more than a few minutes; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case; OR b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

**Symptoms that Suggest COVID-19 Worsening, Call Your Doctor or Go to ER:** shortness of breath at rest, chest pain, persistently high fever despite fever lowering medicine, confusion, lightheadedness, inability to eat or drink

*Social Distance:* Social distancing is a conscious effort to maintain distance between yourself and other people as a way to mitigate the spread of disease. This means avoiding public gatherings, bars, restaurants or other events, even if you are symptom free. Stay at least 6 feet from other people as often as possible. Take precautions if you cannot maintain that distance, such as using alcohol-based hand sanitizer and/or hand washing immediately after contact. Consider using curbside pick-up or delivery for essential items.

*Self-monitor:* People should monitor themselves for symptoms of COVID-19 by taking their temperatures twice a day and remaining alert for cough or difficulty breathing. If they feel feverish or develop measured fever, cough, or difficulty breathing during the self-monitoring period, they should self-isolate, limit contact with others and seek advice by telephone from a healthcare provider to determine whether medical evaluation is needed.

*Self-quarantine:* Separates people who were exposed but do not have symptoms to see if they become symptomatic. A person can be contagious before symptoms begin, so this is critical to prevent the spread.

*Self-isolation:* Separates people with symptoms of COVID-19, with or without a positive test. Stay home and away from others who share your residence to prevent the spread of the virus.

*Face covering:* Wear a face covering any time that you are interacting with others and cannot ensure proper distancing.

Note: Testing guidance is based on limited information and is subject to change as more information becomes available.