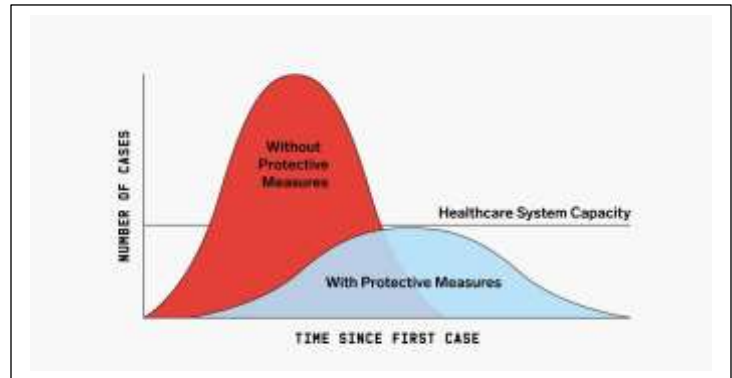


Prevent the Spread of COVID-19: Physical Distancing, Isolation, and Quarantine

Experts agree that **protective measures like physical distancing, isolation, and quarantine** are essential to stop the spread of COVID-19. Simply put, these three approaches create space between people, and space slows the spread of disease. Slowing the spread of disease, called “flattening the curve,” gives the healthcare system a fighting chance to have resources available to care for those whom become sick with COVID-19.

Physical distancing

While especially important to those over 60 with diabetes, heart disease, asthma, or COPD, **everyone, regardless of age or health, should be physical distancing in public places to keep everyone safe and healthy.**



- Stay home, avoid public places, small gatherings, and especially crowds. This is why sports and other events have been canceled, schools closed, and restaurants and bars are restricted to take out only.
- Rethink travel plans, especially those involving airports or mass transit.
- Even one-on-one interactions in public places should be avoided. Stay a safe (6 feet or more) distance from others when at a store, the post office, and parking lots.

Here are some things you can do safely:

- Go outside and walk, run, bike or play. We are lucky to live in a rural area where you can be active outside and still stay a safe (6 feet or more) distance from others.
- Consolidate shopping trips and try to go at times when stores are not busy. When you return home, be sure to
 - wash your hands and
 - clean and disinfect surfaces that you touched – like your steering wheel.
- Social interactions among immediate household family members and roommates is fine. Use technology to stay in touch with others. Now is not the time to unplug! Use social media, Facetime, or Skype to stay in touch and connected to friends and family

Isolation and quarantine

The CDC states: *“Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.”*

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.”

Anyone *who is sick* should self-isolate, and that includes in your own home. **Do not go out**, stay in one room of your home and avoid all physical contact with others in the home. Other people in the home should practice good hand hygiene and clean and disinfect surfaces within the home.

Quarantine is the most severe preventive measure to limit infectious disease spread, but if used correctly, can be a very effective way to protect the public. People who *do not have symptoms*, but have been exposed to COVID-19 should self-quarantine immediately to avoid unknowingly infecting others. If you are under quarantine, **stay home and do not have visitors.**

Sources and for more information:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.who.int/westernpacific/emergencies/covid-19>

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