# 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.
- Limit in-person meetings and travel.
- Modify operations to provide more online options and restrict people from gathering.

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**We may also ask you to do any of the following:**

<table>
<thead>
<tr>
<th><strong>Who should do it?</strong></th>
<th><strong>What is it?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>People without symptoms, but who had a low-risk exposure like being in an airport or restaurant at the same time as someone with a confirmed case of COVID-19.</td>
<td>Practice social distancing.</td>
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<tr>
<td>People without symptoms, but who have a higher potential of becoming sick because of where they traveled or having had close contact with someone being tested for COVID-19.</td>
<td>Check &amp; record your temperature 2x a day and watch for symptoms.</td>
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<tr>
<td>Travelers from highly impacted areas and close contacts of people who have tested positive for COVID-19.</td>
<td>If symptoms develop, CALL your doctor to explain symptoms and possible exposure before going in.</td>
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<tr>
<td>People sick with symptoms of COVID-19, but not sick enough to be hospitalized. These people may or may not be tested.</td>
<td>Same steps as self-quarantine</td>
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<tr>
<td></td>
<td>Plus report your twice daily temperatures and symptoms to the Health Department during your 14 days of quarantine.</td>
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</tbody>
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**Self-monitoring**  

**Self-quarantine**

**Monitored quarantine**

**Self-isolation**