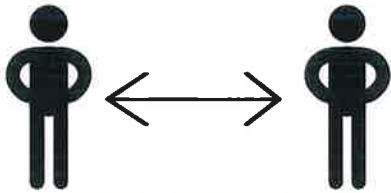


SOCIAL DISTANCING, SELF-MONITORING, & ISOLATION

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 individuals do?

- Keep 6 feet between you and others as possible
- Use curbside pick-up for groceries + takeout
- Avoid large social group activities
- Avoid public places at the busiest times

What should businesses & organizations do?

- Have employees work-from-home and limit in-person meetings
- Modify daily operations to allow for online options and restrict gatherings of people
- Put up signs for all to maintain a 6 foot distance
- Mark floors with tape to ensure 6 foot distance between employees and/or customers

YOU MAY BE ASKED TO DO ANY OF THE FOLLOWING:

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

SELF MONITOR



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

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

SELF QUARANTINE



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

Who should do this?

People who have symptoms of COVID-19 and are not sick enough to require hospitalization

SELF ISOLATE



- 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 in shared spaces

