

Social Distancing During COVID-19

The best way to prevent COVID-19 is to avoid being exposed to the virus altogether. By staying home, we can distance from people who may be sick, and avoid exposing ourselves to others if we possibly are carrying the virus.

You have probably heard the terms Social Distancing, Self-Quarantine, and Isolation used a lot lately to talk about staying safe from COVID-19. This fact sheet explains these terms and ways we can still stay connected even while physically apart.

WHAT IS SOCIAL DISTANCING?

Deliberately increasing the physical distance between people to minimize the spread of illness during infectious disease outbreaks



Maintain 6 feet or more of distance between yourself and others to lessen the spread of germs



If possible, work from home and transition to online coursework for school.



Avoid unnecessary errands. Complete essential outings at non-peak times.



Avoid large gatherings and cancel in-person meetings or gatherings.

WHAT IS SELF-QUARANTINE?

Staying home or away from others after either being exposed to someone known to be infected or after leaving an area with a high density of cases. For COVID-19 it is recommended individuals self-quarantine for 14 days unless symptoms develop. If symptoms develop, contact your healthcare provider over the phone, as well as the state department of health.

WHAT IS ISOLATION?

Staying home and away from others for those individuals who have a confirmed case of COVID-19. This can take place either at home or in a healthcare facility. Individuals who are isolating due to illness should communicate with their healthcare provider and health department to determine when they can stop isolating.

Even though we may have to be physically distant from others at this time, it does not mean we can not stay connected in different ways.

THE DOS AND DON'TS OF SOCIAL DISTANCING

DO

Stay at home
Work from home if you can
Read a book
Watch a movie
Cook a meal
Video chat with friends/family
Do a puzzle
Listen to music
Do yoga
Exercise at home
Craft with kids/family
Call/text people to check in
Share pictures with friends/family
Write letters
Drum over video chat
Pray with friends/family over call
Tell stories
Draw pictures or color
Write or journal

USE CAUTION

Go grocery shopping if necessary
Take a walk outside
Go for a run
Pick up medications
Get take-out from a restaurant
Take dog on a walk
Farming

Note: "Use caution" applies to activities that remove you from your home and increase exposure. When engaging in these activities, take extra precaution by remaining 6 feet away from others and washing your hands frequently, especially after returning home.

DON'T

Work out at gym
Host/attend playdates
Attend community meetings
Invite visitors into your home
Host/attend house parties
Shop at malls
Attend church services
Dine in at restaurants
Hang out in groups
Attend public gatherings
Work in groups
Travel if not necessary
Visit crowded outdoor spaces
Attend plays or concerts

RESOURCES USED

-Johns Hopkins Medicine. "Coronavirus, Social Distancing, and Self-Quarantine" <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>
-University of Alabama. "What is Social Distancing" uab.edu/coronavirus
-Centers for Disease Control and Prevention. "Coronavirus – COVID-19" <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?



www.cdc.gov/coronavirus



1-855-600-3453
Coronavirus Hotline



www.coronavirus.gov



www.ihs.gov



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