



Containment

P.O.C: 48 MDG

WHAT'S THE DIFFERENCE?		WHAT'S THE DIFFERENCE?	
Quarantine	Isolation	Quarantine	Isolation
<p>Separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.</p> <p>(Example: person arriving from a location where confirmed COVID-19 infections were present)</p> <p>A person is in <u>quarantine</u> to determine if an infection exists</p>	<p>Separates people sick with a contagious disease from people who are not sick.</p> <p>(Example: person with a confirmed COVID-19 infection)</p> <p>An infected person is in <u>isolation</u> to prevent further contamination</p>	<p>Can my spouse go to the gym while I am under quarantine? Yes.</p> <p>Can I be outside my home in my own yard while under quarantine? Yes.</p> <p>Can I make a quick trip to the store while under quarantine? No. You must remain in the quarantined area.</p>	<p>Can I share any room with my family while in isolation? No. Until the infection is gone, you CANNOT share any room, surface, food, or object with the uninfected. This includes bathrooms.</p> <p>Can I be outside my home in my own yard while in isolation? No. Leaving a contained environment increases the chance of viral spread.</p>
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Quarantine	Isolation	Quarantine	Isolation
<p>Those in <u>quarantine</u> CAN be with family while remaining at home</p>	<p>Those in <u>isolation</u> CANNOT be exposed to uninfected persons</p>	<p>Those living with <u>quarantined</u> persons CAN leave the home</p>	<p>Those living with <u>isolated</u> persons CAN leave the home if they have not been exposed to the infected person</p>

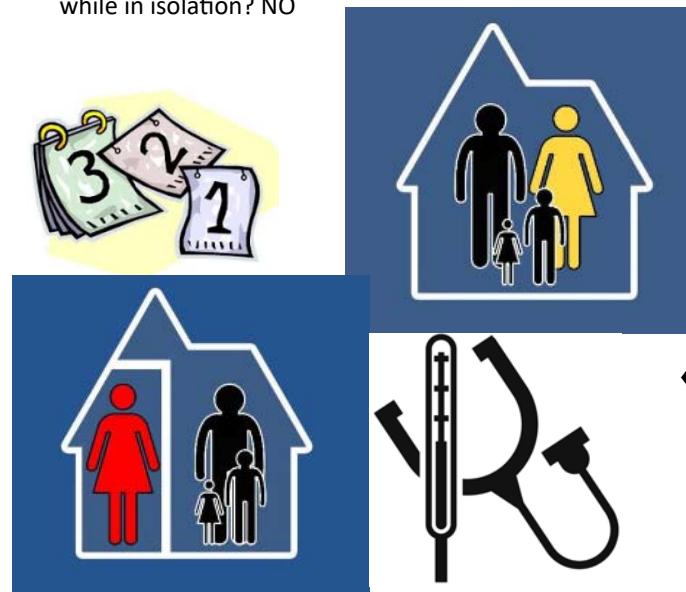
Quarantine, Isolation and Social Distancing Frequently Asked Questions

QUARANTINE

- ◆ What is quarantine? A person placed in quarantine status to determine if an infection exists. The incubation period for COVID-19 is typically 7 days, therefore we recommend that persons should quarantine for 14 days .
- ◆ How do I know if I should quarantine? A person should quarantine if they have traveled to a CDC level 3 area or you have had contact with presumed or confirmed COVID-19 case. If you fall into any of these categories please call the non-emergent ER line at 226-4226 or the upcoming COVID-19 Hotline and follow their recommendation.
- ◆ Does my family or cohabitant need to quarantine if 48 MDG tells me to quarantine? No, but you should practice social distancing .
- ◆ A person is placed in quarantine to monitor for development of symptoms.
- ◆ Those in quarantine CAN be with family while remaining at home (maintain social distancing – 6 feet – and strict hygiene)
- ◆ Cohabitansts living with quarantined persons CAN leave the home.
- ◆ Can I go pickup groceries while under quarantine? NO, you must remain in your quarantine location.
- ◆ Can I be outside my home in my private yard while I am under quarantine? Yes
- ◆ Can I be outside my dorm room/TLF while I am under quarantine? NO
- ◆ Can my cohabitants go to the gym while I am quarantined? Yes
- ◆ Quarantine persons should minimize contact with cohabitants, if respiratory symptoms develop seek medical advice.

ISOLATION

- ◆ What is Isolation? A person is placed in isolation status to prevent further spread of a virus.
- ◆ How do I know if I should isolate? If you are exhibiting COVID-19 symptoms call the non-emergent ER line at 226-4226 or the upcoming COVID-19 Hotline and follow their recommendation.
- ◆ COVID-19 symptoms are: Fever over (38.0°C) 100.4°F with or without cough or shortness of breadth.
- ◆ Symptomatic person in isolation CANNOT be exposed to others without symptoms.
- ◆ The cohabitant(s) are considered exposed, CANNOT leave the home, and will need to quarantine for 14 days, or until negative test received for symptomatic person.
- ◆ Can I be outside my home in my private yard while in isolation? NO
- ◆ Can I share a kitchen or bathroom with a cohabitant while in isolation? NO



SOCIAL DISTANCING



- ◆ What is Social Distancing? Measures taken to restrict when and where people can gather to stop or slow the spread of infectious diseases.
- ◆ Should I avoid groups of 10 or more? Yes, avoiding large groups is a highly effective way of stopping the spread of viruses.
- ◆ Is washing my hands or cleaning the kitchen/bathrooms effective? Yes! Common household disinfectants such as bleach wipes or alcohol solutions of at least 70% are extremely effective to kill the COVID-19 virus. Consider cleaning the following areas in your home daily while in quarantine or isolation.
 - ◆ Tables, countertops & desks
 - ◆ Doorknobs, handles & handrails
 - ◆ Phones & keyboards
 - ◆ Faucets & light switches
 - ◆ Bedside tables, phones, tablets, computers, & other handheld electronic devices.
- ◆ How do I make a bleach solution? 5 tablespoons bleach per gallon of water.