



What is social distancing

Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6 feet (about 2 arms’ length) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

Keep your distance to slow the spread

Limiting face-to-face contact with others is the best way to reduce the spread of coronavirus disease 2019 (COVID-19).

Wear a mask where social distancing is not possible.

Resources:

www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html



P.O. Box 8777
Portland ME 04104

AzeriSocietyofMaine@gmail.com

www.azemaine.com



Quarantine, Isolation and Social Distancing





Quarantine

- Quarantine is used to **keep someone who might have been exposed to COVID-19 away from others.**
- Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.
- People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.



Isolation

- Isolation is used to **separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected.**
- People who are in isolation should stay home until **it's safe for them to be around others.**
- In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).



Both quarantine and isolation

- involve separation of people to protect the public
- help limit further spread of COVID-19
- can be done voluntarily or be required by health authorities

How do I know if I need to be in isolation or quarantine?

If you...

If you live in a community where COVID-19 is or might be spreading (currently, that is virtually everywhere in the United States)

Steps to take...

1. Watch Your Health
2. Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
3. Take your temperature if symptoms develop.
4. Practice social distancing. Maintain 6 feet of distance from others and stay out of crowded places.
5. Follow CDC guidance if symptoms develop.

If you feel healthy but:

Recently had close contact with a person with COVID-19

Stay Home and Monitor Your Health (Quarantine)

- Stay home until 14 days after your last exposure.
- Check your temperature twice a day and watch for symptoms of COVID-19.
- If possible, stay away from people who are at **higher-risk** for getting very sick from COVID-19.

If you:

Have been diagnosed with COVID-19, or

Are waiting for test results, or

Have cough, fever, or shortness of breath, or other symptoms of COVID-19

Isolate Yourself from Others (Isolation)

- Stay home until it is safe to be around others.
- If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.
- Read important information about caring for yourself or someone else who is sick, including when it's safe to end home isolation.