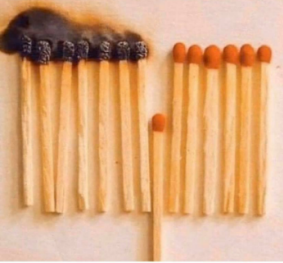





COVID-19 Terminology: What's the Difference?!

Physical or Social distancing, self-isolation, quarantine... With so many terms being used during this pandemic, it can be hard to know what you are supposed to do and why. Use this handy chart to help guide your way through being a pandemic disruptor! Do it to protect your loved ones, your friends, the stranger up the street. We are all in this together!



	Who?	What?	How?	Why?
Physical Distancing (aka Social Distancing) <p>Examples: Learn/work remotely from home</p> <p>Curbside pick-up or delivery of groceries or restaurant orders</p> <p>Use online or drive-through services at the bank, pharmacy, etc.</p> <p>Avoid public places at their busiest times</p> <p>Drive a car instead of taking public transit</p>	Everybody! <p>Because you can remain socially connected while maintaining physical distance, “physical distancing” more accurately describes the concept.</p>	<p>Deliberately increasing the physical space between people to avoid spreading illness.</p> <p>Wear a mask in situations when physical distancing is difficult.</p> 	<p>Only go out for essentials like food and medicine</p> <p>Avoid group gatherings and limit visitors</p> <p>Stand 6 feet apart from others (When someone coughs or sneezes, infectious droplets typically fall to the ground under 6ft or 2 meters)</p> <p>Practice exemplary hygiene</p> <p>Enjoy the fresh air! Outdoor activity is lower-risk for contagion than indoor and can boost wellbeing for the mind, body, and spirit.</p>	<p>Practicing strict physical distancing is key to stopping the chain of transmission resulting in the mitigation of the damage and death rate of this pandemic.</p> <p>Without physical distancing, our healthcare system will be overwhelmed and providers will not be able to treat the most severe cases, resulting in unnecessary deaths. This concept is widely known as “flattening the curve” which refers to the potential positive impact these behaviors have on the shape of epidemiological models of disease spread.</p>
Self-Observe aka Self-Monitor	*People <u>WITHOUT</u> symptoms who have had low-risk exposure with someone who has tested positive for COVID-19	<p>Monitor health for symptoms and limit interactions with others for 14 days</p> <p>Symptoms: Fever or chills Cough, sore throat Shortness of breath or difficulty breathing Muscle or body aches New loss of taste or smell Headache Nausea, vomiting or diarrhea Nasal congestion or runny nose</p>	<p>Practice strict physical distancing from members outside your household, wear a mask when in public and when you cannot stay 6 ft from others.</p> <p>Practice exemplary hygiene Take temperature twice daily</p> <p>Remain alert for symptoms listed to the left If you develop symptoms, <u>call</u> a medical care provider (don't just show up).</p>	<p>14 days is the longest time between when you may have been exposed to COVID-19 and when symptoms may begin.</p> <p>It is very important to monitor your health during this time so that you can be taken care of and know when to seek medical advice to determine if isolation is recommended.</p>
Self-Quarantine	*People <u>WITHOUT</u> symptoms who have had known exposure to someone with COVID-19	<p>Stay at home with no outside visitors for 14 days</p> <p>Symptoms: Fever or chills Cough, sore throat Shortness of breath or difficulty breathing Muscle or body aches New loss of taste or smell Headache Nausea, vomiting or diarrhea Nasal congestion or runny nose</p>	<p>In addition to the same practices as Self-Observing:</p> <p>Take your temperature and record any symptoms 2x per day. You may be told to report your temperature/symptoms to a public health official.</p> <p>Practice physical distancing from roommates or members of your household. Wear a mask when you are unable to do so, and when you go for a walk.</p> <p>If you become sick during this time, call a medical provider</p>	<p>Communication with public health professionals facilitates coordination of care for you and others impacted and will tell you when your quarantine is over.</p> <p>Your contribution of tracking and recording data aids in the understanding of the virus and how it moves through a community.</p>
Self-Isolation	*People <u>WITH</u> symptoms who have either... <p>had very close contact (within 6ft for around 30 minutes or more, or engaging intimate activity for a shorter period) with someone who has tested positive for COVID-19</p> <p>received a positive COVID-19 test result</p>	<p>Stay at home and avoid contact with all others, including family or roommates</p>	<p>In addition to the same practices as Self-Quarantine:</p> <p>Stay in a separate room from the rest of your household members and use a separate bathroom. Keep toothbrushes separate. Wear a mask when unable to be 6ft from household members.</p> <p>Family, roommates, and pets should avoid contact with sick person and practice self-quarantine.</p> <p>Clean and disinfect common spaces and shared bathrooms regularly</p>	<p>Self-isolation gives your body the chance to fight off the infection and recover.</p> <p>It is also the safest way to protect others from being infected.</p> 

*Recommendations change rapidly, for up to date info see [CDC website](#) , [New Hampshire DHHS](#), and the [Dartmouth COVID-19 website](#).

Tips for staying socially connected during this time of physical distance:



Technology can help you connect

Zoom up with friends and colleagues, Facetime with family near and far. If your schedules or time zones don't match up find a "video" pen-pal to send short clips/updates to each other.

Resurrect classic communication methods

Letter writing or telephone calls can help you connect with folks who aren't as technologically savvy. Don't forget about your grandparents or older neighbors who may feel even more cut off and lonely during this time.



Take the opportunity to reach out to past friends or far away family

Think of people you don't typically see in your day to day life or have not connected with in a while and reach out. They may welcome a call out of the blue.

Actively support others in taking care of themselves

Affirm people's choices that enhance their wellbeing and the health of the community. Applaud them for practicing strict physical distancing, exchange healthy meal ideas, ask a friend to be a virtual bedtime buddy or an early morning yoga partner and text each other with updates about your healthy practices.



Need more ideas?

Check out [this article](#) from Priya Parker about ways to make your interactions even more meaningful, even from a distance.

