# Stay Away!

## A Guide To

**Social Distancing, Self-Quarantine, and Self-Isolation**

Remember to cover coughs and sneezes, and wash hands often with soap and water.

### Social Distancing

- **Here’s Why**: Prevents Spread
- **Who**: Healthy, No Symptoms
- **How Far Away & How Long?**: 6+ Feet Away from Others, Especially those with Symptoms 14 Days at Home
- **Why It’s Important**: Keep a safe distance from others to avoid getting coughed or sneezed on, and limit the surfaces you touch that could spread germs.
- **What Do You Need to Do?**
  - Avoid groups of 10+
  - Use phone or digital communications
  - Replace hugs/handshakes with no-touch greetings
  - Work from home
  - Attend meetings and events by phone or computer
  - Cancel/postpone non-urgent travel
  - Use drive-through, pickup or delivery options from stores and restaurants
  - Do not visit nursing homes, retirement or senior centers, or long-term care facilities
  - Go to the store at off-peak times when it is less busy

### Self-Quarantine

- **Here’s Why**: Monitors Symptoms
- **Who**: Possibly Sick
- **How Far Away & How Long?**: 6+ Feet Away 14 Days at Home
- **Why It’s Important**: After exposure stay home and at least six feet away from others for 14 days, even if you feel healthy.
- **What Do You Need to Do?**
  - Keep a separate bathroom
  - Sleep alone
  - Don’t share towels, dishes, drinks, etc.
  - Contact your doctor if you are not improving or another health condition is getting worse.

### Self-Isolation

- **Here’s Why**: Prevents Spread, Promotes Healing
- **Who**: Confirmed Sick
- **How Far Away & How Long?**: Secluded from Others 5-14 Days & Until Fever-Free
- **Why It’s Important**: After a lab test confirms you have COVID-19, isolate yourself away from others until you no longer have a fever and are not contagious.
- **What Do You Need to Do?**
  - Isolate from People & Pets
    - Use a separate bathroom
    - Sleep alone
    - Don’t share towels, dishes, drinks, etc.
  - Contact your doctor if you are not improving or another health condition is getting worse.
  - Keep Routines & Schedules
  - Manage Stress
  - Exercise
  - Games & Puzzles
  - Yardwork
  - Stream Movies/Shows
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**PREVENT CABIN FEVER**

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