Here's how to practice with 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
- **Why It’s Important**: 6+ Feet Away 14 Days at Home
- **What Do You Need to Do?**
  - Keep a safe distance from others to avoid getting coughed or sneezed on, and limit the surfaces you touch that could spread germs.
  - After exposure stay home and at least 6 feet away from others for 14 days, even if you feel healthy.
  - 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.

**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**: Secluded from Others 10 Days & Fever Free, Follow Doctor’s Orders
- **What Do You Need to Do?**
  - Contact your doctor if you have a fever, cough or shortness of breath.

**Self-Isolation**
- **Here’s Why**: Prevents Spread, Promotes Healing
- **Who**: Confirmed Sick
- **How Far Away & How Long?**: Secluded from Others 10 Days & Fever Free, Follow Doctor’s Orders
- **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.

**Prevent Cabin Fever**
- **Keep Routines & Schedules**
- **Manage Stress**
- **Exercise**
- **Games & Puzzles**
- **Yardwork**
- **Stream Movies/Shows**
- **Walk or Hike**
- **Sit Outside**

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