



# National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

910 Pennsylvania Avenue, SE | Washington, D.C. 20003 | 202-507-4070 | [www.nihb.org](http://www.nihb.org)

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## Social Distancing, Isolation, and Quarantine



### What is social distancing?

Social (or physical) distancing is a way to keep people from interacting closely to prevent spread of an infectious disease. Everyone should practice social distancing, whether or not they have been exposed. Places where people normally gather in large crowds (like schools, theaters, and stores) may close, as well as sports events and religious services, to assist in this effort.

### Social distancing includes:

- Avoiding handshakes and crowds
- Staying 6 feet away from people
- Staying at home (and only going out for food, exercise, medicine, and emergencies)

### To help with social distancing:

- Use food and medication delivery services instead of going out
- Use a mask or cloth face covering when leaving the house

## What is Quarantine?

Quarantines can be placed on groups of people in communities to separate and restricts the movement of people who might have been exposed to a contagious disease and may become sick. It lasts long enough to ensure the person has not contracted an infectious disease, or cannot spread it.



## What is isolation?

Isolation occurs after a diagnosis of COVID-19. This helps prevent the spread of the disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

## Ways to cope

Reaching out to family and/or friends is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation.

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Talk “face to face” with friends and loved ones using Skype or FaceTime.
- If approved by health authorities and your health care providers, arrange for your friends and loved ones to bring you newspapers, movies, and books. These items can be left on your doorstep.
- Avoid the usage of taxi cabs or rideshare as a means of transportation to decrease chances of exposure.

More tips on social distancing, isolation and quarantine are available [here](#).

1. Substance Abuse and Mental Health Services Administration. Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak. [Available <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>]