



National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

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Social Distancing, Isolation, and Quarantine



What is social distancing?

Social (or physical) distancing is keeping a safe distance between yourself and others to prevent spread of an infectious disease. Large gathering places like schools, theaters, and stores may limit the number of people to help maintain safe social distancing. Everyone should practice social distancing, whether or not they have been exposed and after receiving a vaccine.

Social distancing guidelines:

- Avoid handshakes, hugging, and crowds
- Stay 6 feet (about 2 arms lengths) away from people
- Stay at home (and only going out for essentials and emergencies)

Tips for 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 or an individual by public health authorities to separate and restrict the movements of people who might have been exposed to a virus and may become sick. It lasts long enough to ensure the person or people have not contracted an infectious disease or cannot spread it.



Ways to cope

Staying connected with family and friends is a great way to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation.

- Call, email, text, or use social media to connect with friends, family, and others.
- Use video conferencing like FaceTime, Skype, or Zoom to talk “face-to-face” with friends and loved ones.
- Ask family and friends to safely leave newspapers, movies, and books at your doorstep.
- Take care of your body (exercise, stretch, get plenty of sleep, try to eat healthy).
- Spend time outside if you are not sick.
- Add a hobby to your daily routine.
- Practice cultural and traditional ways.

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

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. Anyone sick or infected should stay at home and separate from others within the household.



For more information on social distancing, quarantine, and isolation visit:

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
- <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

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