

TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

TERMS TO UNDERSTAND

Social distancing slows the spread of an infectious disease, like COVID-19, by deliberately increasing physical space between people. Some methods include avoiding densely packed public spaces, canceling events with large crowds, conducting meetings and classes online, and working remotely

Quarantine involves separating and restricting the movement of people who were exposed to a contagious disease to see if they become sick. A person is in quarantine to find out if an infection exists. Self-quarantining involves staying home, practicing proper hand hygiene, maintaining a safe distance from members of your household, regularly checking your temperature, and monitoring your signs and symptoms. A two-week quarantine period is typically recommended to determine if an individual will become ill or contagious.

Isolation is separating people with an infectious illness from those who do not have the disease until they are no longer contagious. Depending upon the health state of the individual, patients may be isolated at home or in a hospital.

REACTING TO COVID-19

Everyone reacts to stress differently. An infectious disease outbreak can result in a range of responses:

- Anxiety, worry, or hypervigilance
- Depressive symptoms
- Uncertainty
- Fear of the future
- Increased substance use
- Frustration or anger
- Loneliness or boredom
- Guilt
- Sleep or eating issues



TIPS FOR MANAGING STRESS RELATED TO THE COVID-19 OUTBREAK

- Stay updated and informed but limit your exposure to media coverage
- Make sure you have what you need at home to feel safe and prepared
- Arrange for groceries or necessities to be delivered to your home if necessary
- Clearly communicate your needs to your health care provider, ask questions, and request remote appointments as needed
- Regularly connect to family and friends through technology
- Avoid using substances to cope with your feelings
- Maintain a daily routine
- Develop self-care strategies: Deep-breathing, meditation, mindfulness, or yoga
- Continue engaging in activities you enjoy
- Maintain a healthy lifestyle through your diet, exercise, and sleep
- Seek support from others and talk about your feelings

IF YOU NEED TO SPEAK WITH A COUNSELOR, CALL 540-231-6557 DURING BUSINESS HOURS.
IF IT IS AFTER HOURS CALL 540-231-6557 TO SPEAK WITH THE ON-CALL COUNSELOR.

ADDITIONAL INFORMATION ON MANAGING EMOTIONS AND CONCERNS RELATED TO COVID-19K

The constant flow of news about COVID-19, is raising a number of concerns and exacerbating intense emotions and worry that already exists. Learn more about taking care of your mental health in the face of uncertainty [here](#). Here are some additional tips to help you put information and concerns in perspective, manage your worry, and maintain a positive outlook:

Seek accurate information and limit exposure to social media and news reports that provide no new information or inaccurate information. Here are some reliable sources of information:

- [Centers for Disease Control and Prevention](#)
- [World Health Organization](#)

Keep things in perspective. Take a deep breath and stay focused on what the situation actually is. It can be helpful to shift your focus to things within your control rather than things outside your control.

Acknowledge reactions. Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears and uncertainties.

Maintain your normal day-to-day activities and keep connected. Try to resist withdrawing and isolating yourself. Maintaining social networks can foster a sense of normality and provide valuable outlets for sharing feelings and relieving stress. If your day to day activities are disrupted by college closings, attempt to create structure in your day by: scheduling a normal bedtime and wake up time; structuring your time with hobbies, homework, reading, etc.; scheduling regular phone/video contact with friends and family

[Follow the prevention and protection tips given by medical professionals](#)