

## Preventing the Spread of Disease in the Community

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### Isolation and Quarantine

**Isolation** is used to separate and restrict movement of **sick** people with a communicable disease from those who are not sick

**Quarantine** is used to separate and restrict movement of **healthy** persons who may have been **exposed** to a communicable disease or other agent to see if they become sick

Isolation and quarantine are used to protect the public by preventing exposure to infected persons or to person who may be infected. In most cases, isolation and quarantine are enforced voluntarily, though the health department has the authority to compel compliance.

### What is Social Distancing?

Social distancing is a term that describes public health actions taken to stop or slow the spread of disease.

Social distancing measures are taken to restrict when and where people can gather and include

- limiting large groups of people from coming together
- closing buildings, such as schools and places of business
- canceling events, such as sporting events

### What Can I Do to Be Prepared?

Be prepared! Make sure you have a preparedness plan, and preparedness kits for you and your family. Your preparedness kit should include:

- Prescription Medication. Talk to your pharmacist and doctor to find out how to receive extra prescriptions for your kit
- Over-the-counter medication. Including pain relievers, cough and cold medicine, and others
- Cleaning and hygiene products, including hand sanitizer, sanitary wipes, and feminine hygiene products
- Copies of health records
- Contact information for your healthcare provider(s)

### What Can I Do to Prevent Getting Sick?

The best way to prevent illness is to avoid being exposed to the virus.

- Good hand hygiene
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact to people who are sick
- Cover your cough or sneeze with a tissue, then throw it in the trash
- Clean surfaces with a disinfectant, especially if those surfaces have been touched by someone who is sick