








Quarantine Guidelines

COVID-19 PREVENTIVE MEASURES

Social Distancing v/s Self Isolation v/s Quarantine

		Social Distancing	Self-Isolation	Quarantine
	Who is it for?	People who have NOT been exposed to the virus	People suspected to have or Tested positive for the virus	People who MAY have been exposed to the virus but do not show symptoms
	How long does it last for?	At least till the end of the pandemic	At least for 14 days or till the test is negative twice	A minimum of 14 days
	Who can you interact with?	Roommates or family members you live with	No direct contact. Isolate yourself to a room to restrict transmission to others. Have family or friends deliver supplies, but do not touch or talk to them	
	What can you do?	Work from home, have healthy food and exercise.	Stock up food, water and hygiene essentials. If you are having it delivered, do not interact directly with the person delivering it.	
	How to socialize?	Cancel any unnecessary gatherings/ plans. Interact virtually (social media)	Do not leave the isolation unless an emergency. Avoid direct interaction. Interact virtually with friends and family.	

