



TRINITY COUNTY OFFICE OF EDUCATION



SELF ISOLATION

YOUR CHOICES WILL SAVE LIVES

WHAT IS SELF ISOLATION

Quarantines are a type of isolation designed to slow or stop the spread of infectious diseases. By staying at home, away from others, you decrease the risk of contracting or passing the disease. Self-Isolation is where individuals or families voluntarily shelter in their homes.



DO NOT GATHER

All adults and children should remain at home and not visit other families or children. Cancel playdates or other social functions.



PROTECT SENIORS

Protect the elderly, the vulnerable, and health workers by staying away. During a pandemic, visiting may accidentally expose or infect them.



SOCIAL DISTANCING

If you must go out for essential supplies (groceries, medicine), try to stay six feet away from others and use hand sanitizer/disinfectant wipes on shopping carts or baskets

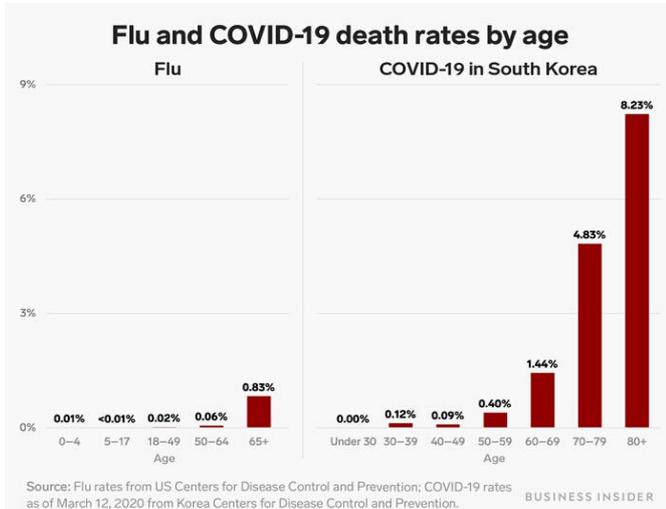
A SELF ISOLATION IS NOT A VACATION



While you are isolating, its important to practice good hygiene! Use a tissue or shoulder for sneezes or coughs. Do not touch your face, and wash your hands often with soap and hot water. If you have to go out, wash your hands and change your clothes when you return.

It is important to disinfect surfaces and commonly used objects (like phones) each time you return to your home and limit any time spent in common public spaces.

COVID 19 QUARANTINE MYTHS AND FACTS



Source: <https://www.businessinsider.com/coronavirus-death-rate-south-korea-compared-to-flu-2020-3>

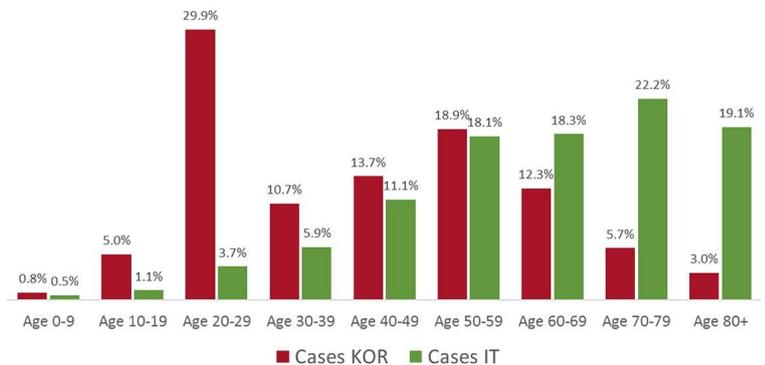
Myth: CoViD-19 is no more dangerous than the flu

FACT: CoViD-19 is anywhere from 5 to 25 times more deadly than the flu, depending on factors like underlying health problems, age, and existing resources. It is especially dangerous for the elderly, those with preexisting medical conditions, and when medical supplies like ventilators are unavailable for severe cases.

Myth: Young people cannot get sick with or carry Covid-19

FACT: In South Korea where the government tested all citizens, regardless of symptoms, it was shown that young people can disproportionately carry and spread the virus. Even though very few young healthy people show symptoms, there are still documented cases of severe symptoms and deaths in relatively young healthy individuals.

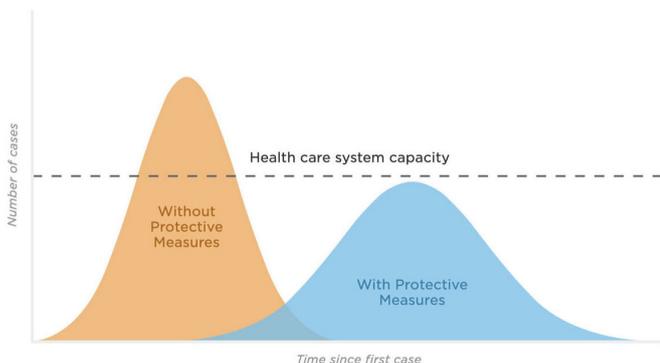
Coronavirus cases (%) in South Korea and Italy by age groups



Source: <https://www.newshub.co.nz/home/world/2020/03/coronavirus-new-graph-shows-people-in-their-20s-are-more-asymptomatic-and-not-being-tested-for-covid-19.html>

Myth: Social Distancing doesn't help

FACT: By engaging in self-quarantines and social distancing, transmission of the virus is slowed, allowing limited medical resources (including personnel) to be used most effectively for severe cases. This does not stop the virus, but keeps cases from overwhelming hospitals and medical staff in addition to other medical emergencies.



Source: <https://www.npr.org/sections/health-shots/2020/03/13/815502262/flattening-a-pandemics-curve-why-staying-home-now-can-save-lives>