

# What is Physical Distancing, Quarantine and Isolation?

**Physical Distancing:** Everyone should follow their city, county, or state public shelter-in-place orders and other health department guidelines. **Maintain a physical separation of 6 feet/2 meters from others**

- **Stay home** unless you have to go out for essentials like food, medicine or confirmed doctors appointments. *See table below for specific activities to consider.*
- **Avoid Contact** with anyone. Do paath at home, attend activities online, do not linger outside unnecessarily.
- **Wash your hands** with soap and water for 20 seconds, or sanitize hands frequently. Cover your mouth, nose and wear eye protection as an added precaution as it may protect others. Do not share towels, food or utensils with anyone.



*If you are sick or 65 years or older or have chronic illnesses - stay home and attend activities online. If possible, avoid all places where you can come in contact with other people.*

*Gurdwara sahib sevadaars - help people such as raagis or jathas who may be living at the gurdwara to sit in sangat maintaining physical distance.*

**Avoid Loneliness:** The Sikh community is very social and our traditions are deeply rooted with sangat. One is at risk of becoming socially isolated as we practice physically distancing.

## Helpful Tips:

- Check frequently on older sangat members via phone or other means, (email, newsletters, etc.) and stay in touch, frequently.
- Create a phone tree or a group message with your family and friends.
- Attend virtual divaans/consultations with local Gurdwara's Giani ji.
- Assist the elderly as well as those not familiar with technology to provide virtual communication tools.

## **Stay Connected**



**Quarantine:** for people who were exposed to a contagious disease. *This precaution keeps individuals away from others by separating/restricting movement and social interaction, so they don't unknowingly infect anyone. One should follow physical distancing precautions listed above.*

**Self-Quarantine:** to avoid contact with other people to prevent them from getting a contagious disease. *This precaution is implemented if one has been in close contact with a confirmed case, yet still feeling well. One should follow physical distancing precautions listed above.*

**Isolation:** for people who are infected. *This precaution is enforced in an effort to keep sick individuals away from healthy people. One should follow physical distancing precautions listed above.*

**Self-Isolation:** to remain indoors avoiding contact with other people if one has symptoms, or before they get tested, or while they wait for test results, or have tested positive for a contagious disease. *This precaution is implemented to prevent additional infections. One should follow physical distancing precautions listed above.*

## Activities to Consider

AVOID ⇒ DON'T PANIC ⇐	EXERCISE CAUTION	SAFER ALTERNATIVES At home
Any and all group events e.g., Sleepovers, Playdates Concert, Movies Athletic events Playing sports Cultural events Visiting people's homes Allowing visitors at home Mass public transportation Religious services Non-essential travel Gyms, Malls Restaurant Library Parks & Play structures	Grocery store Pharmacies Order reheatable/cooked food Essential work Essential medical appointments Checking up on a family member	Attend live streamed divaan Listen to kirtan recordings Read a book, Write a book Explore online classes or school Plan family game/movie nights Enjoy a cup of tea or coffee Play fetch with your dog Organize a virtual get-together Go for a walk or run (alone or with members you live with) Practice yoga Prepare healthy meals Start a herb garden Clean out closet, study, kitchen

**References and Additional Reading :** [Cleveland Clinic \(https://bit.ly/2distant\)](https://bit.ly/2distant) | [CDC \(https://bit.ly/cdc2distant\)](https://bit.ly/cdc2distant) | [HSE \(https://bit.ly/hse2distant\)](https://bit.ly/hse2distant)

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