



Quarantine and Isolation

TOPIC DESCRIPTION

This Topic reviews the differences between quarantine and isolation to maintain personal and community health and reduce the spread of a viral infection.

Say: "Build Awareness": *Conversation starters that set a supportive tone when introducing the Topic.*

Explore: "Ask Probing Questions": *Questions to assess, gather information, and inform person-centered coaching support.*

Act: "Identify Next Steps": *Optional resources and solutions to educate and support the caregiver.*

ALERTS that require prompt action related to this topic:

- *Someone is quarantined and still attending social events*
- *A household member is "high-risk" for complications*
- *A household member has symptoms of illness*

Say: "Build Awareness"

Let's talk about quarantine and isolation. Quarantine and isolation help protect the health of the community. They help slow the spread of disease. Quarantine and isolation are being used to slow the spread of COVID-19.

When a person has been exposed to a contagious illness like COVID-19, they may need to be quarantined. They need to physically distance themselves from other members of the home. They cancel going out to social events. Once quarantined, they do not leave their home.

If someone thinks they've been exposed to COVID-19, they should contact a health care provider. This provider may continue to monitor the person's health while in quarantine. These providers may make check-in phone calls and watch for signs or symptoms of the illness. When someone has been exposed to COVID-19, they may not show symptoms for up to 14 days. This is why it is important to quarantine. A person may remain in quarantine for a certain period of time. It may last until a health care provider tells them they are safe to return to their regular routine. The provider can confirm that they are not ill or at risk to others in the community.

Isolation describes what happens when a person becomes sick with an illness like COVID-19. They isolate or separate themselves from others to protect others from getting sick. This kind of physical isolation reduces the spread of the illness. Isolation may happen at home or in a care facility. Caregivers, household members, and health care providers wear protective gear

when providing care to a person in isolation. This gear helps keep them safe while they provide care.

Quarantine and isolation should be taken seriously. It is important to let the body rest and recover. It is also very important to reduce the spread of illness in the community. Being quarantined or isolated can be scary. It can be lonely. It can be frustrating. But quarantine and isolation are important to reduce the spread of illnesses like COVID-19. It is important to be patient and strong. Staying patient and strong during quarantine and isolation can help save lives and keep everyone safe!

Explore: "Ask Probing Questions"

- ❖ Do you have any questions about quarantine or isolation? Do you understand how they help reduce the spread of disease?
- ❖ Are you or is any household member currently under quarantine?
 - What instructions did the health care provider share about keeping the household safe during quarantine?
 - Are you and are household members able to follow those instructions?
 - Do you have questions about how to follow these safe quarantine instructions?
 - Is the household member who is in quarantine or isolation able to be in a separate space from others?
- ❖ How do you and household members usually stay in touch with family and friends? What are some ways you can stay connected socially while quarantined or isolated?
- ❖ What are some activities you or household members enjoy doing alone or independently?
 - Do any of those activities require special materials or supplies?
 - How can you support other household members to stay connected and engaged during isolation and/or quarantine?

Act: "Identify Next Steps"

- ✓ Review the difference between quarantine and isolation.
- ✓ Review the importance of creating space between people to reduce the spread of illness.
- ✓ Review different activities that household members may enjoy doing alone.
 - Discuss previously enjoyed hobbies.
 - Encourage household members to spend some time on these hobbies when in quarantine or isolation.
- ✓ Discuss how quarantine and isolation can be a good time for rest and recovery.
 - Encourage follow up with health care providers to understand specific instructions.
- ✓ Remind household members of the importance of socializing and maintaining relationships.

- Encourage them to call or video call to stay connected to family and friends.
- Discuss how different online social groups can increase the support for a person in quarantine or isolation.
- ✓ Share and Review the SAMHSA Article " Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak"
(<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>)
- ✓ Share and Review the John Hopkins Medicine Article "Coronavirus, Social Distancing, and Self-Quarantine" (<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>)
- ✓ Share and Review the CDC Article "Stress and Coping"
(<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>)
- ✓ Collaborate and/or Refer to primary care provider (as appropriate).
- ✓ Collaborate and/or Refer to behavioral health specialist or therapist (as appropriate).
- ✓ Collaborate and/or Refer to urgent care (as appropriate).