

Physical distancing, Quarantine, and Self Isolation



	Physical distancing	Quarantine	Self isolation
Who	Everyone	People exposed to the virus	People who tested positive or have been exposed to a positive case.
Why	Avoid contact with someone who might carry the virus.	Stop the spread of contagious diseases. Quarantines are for people or groups who don't have symptoms but might have been exposed to the sickness. A quarantine keeps them away from others so they don't unknowingly infect anyone.	It keeps infected people away from healthy people to prevent the sickness from spreading.
How	Keep a distance of minimum 1 m between yourself and other people. Avoid crowded places.	<ul style="list-style-type: none"> • Avoid leaving the house unless absolutely necessary.(no work, school,churches or family visits.) • Practice hand hygiene. • Try to call your healthcare instead of going there. 	<ul style="list-style-type: none"> • Sleep in a separate room and use a separate bathroom.do not get in contact with other people or animals. • Clean your hands often. • Avoid sharing household items (dishes, towels, cutlery...) • Wear a facemask if you are out of your room • Cover your cough and sneeze. • Desinfect and clean your surrounding daily. • Monitor your symptoms and seek medical help if the situation get worse.
How long	As long as the pandemic is there.	14 days unless advised otherwise.	1 month if asymptomatic. 1 month after symptoms disappear . (according to Lebanese MOPH)