








Riverside County COVID-19 Self Isolation Recommendations

SOCIAL DISTANCING

QUARANTINE

SELF ISOLATING

Who it's for: 	People who have not been exposed to the virus	People who have been exposed to the virus and don't have symptoms	People who think they have the virus or have tested positive for the virus
How long it's for: 	Indefinitely	A minimum of 14 days	At least 7 days from the onset of the symptoms
Who can interact with: 	<ul style="list-style-type: none"> • People you live with • Essential Workers in their places of work wearing a face covering & keeping 6 Ft. distance 	<ul style="list-style-type: none"> • No direct contact • Stay in a room alone if you live with people or in your house if you live alone. 	
What you can do: 	<ul style="list-style-type: none"> • Only send 1 person per household to shop for essentials • Buy essentials in "reasonable bulk to minimize going out" • Pick up "take out" food • Always wear a face covering when outdoors. 	<ul style="list-style-type: none"> • Send unexposed persons to shop for essentials • Have essentials, groceries and meals delivered 	
How to socialize: 	Use technology to socialize without direct contact including: <ul style="list-style-type: none"> • Phones • Texting, Instant Messaging, Social Networking, Email, etc. • Video - FaceTime, Skype, FaceBook Messenger, Google Hangouts, etc. 		