

Pandemic Flu

Social Distancing



SOCIAL DISTANCING

Social distancing is a way for people who are not ill to limit or avoid contact with viruses that cause illness such as pandemic flu by spreading easily from person to person. Learning about and practicing social distancing can help you, your family, and community delay or reduce the impact of a pandemic.

What you can do AT HOME

- When ill, avoid contact with people, even your family, as much as possible.
- When ill, keep your children home from school.
- Cover your coughs and sneezes.
- Clean your hands frequently.
- Keep a distance of 6 feet from others when possible.

What you can do ABOUT WORK

- Stay home from work if you are ill.
- Do not return to work for at least 48 hours after your last fever.
- Work from home if possible.
- Use email, conference calls or video conferencing instead of face-to-face meetings when possible.
- Carry your lunch and eat away from others.
- Cover your coughs and sneezes.
- Clean your hands and work surfaces (phones, headsets and keyboards) frequently.
- Keep a distance of 6 feet from others when possible.

What you can do IN YOUR COMMUNITY

- Plan home entertainment that limits contact with others.
- Avoid public gatherings such as movies, concerts, and church or community meetings when possible.
- Shop at non-peak times.
- Avoid public transportation or travel during non-peak hours.
- Cover your coughs and sneezes.
- Clean your hands frequently.
- Keep a distance of 6 feet from others when possible.

**Stay home when sick • Clean your hands
Cover your coughs and sneezes**

Isolation vs. Quarantine

Isolation and quarantine are also part of social distancing. They are common healthcare practices used to control the spread of a contagious disease such as pandemic flu by limiting people's exposure to it.

Isolation

For people who are ill with a contagious disease.

- › Healthcare practice used to control the spread of a contagious disease.
- › Separates people with a contagious disease from those who are not ill.
- › Restricts the movement and travel of people with a contagious disease.
- › Can be used in homes, hospitals or other healthcare facilities.
- › Usually voluntary or recommended by a healthcare provider, but can be required by health departments and/or government officials.

Quarantine

For people who have been exposed to a contagious disease but who may or may not become ill.

- › Healthcare practice used to control the spread of a contagious disease.
- › Separates people who have been exposed to a contagious disease from those not exposed.
- › Restricts the movement and travel of people who have been exposed to a contagious disease.
- › Can be used for small or large groups of people and involve a neighborhood or a whole community.
- › Declared by health departments and/or government officials.

LEARN MORE AT:

www.publichealth.va.gov/flu

www.flu.gov

<https://twitter.com/DeptVetAffairs/>

www.facebook.com/VeteransAffairs



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