

From City of Lindsborg

3/17/2020 3 pm

Quarantine: Quarantines are for people or groups who do not have symptoms but may have been exposed to sickness. A quarantine keeps them away from others, so they do not unknowingly infect anyone.

If you are quarantined after returning from travel or because of exposure to someone with a diagnosis, please do not leave your house/yard/car. Do not invite people outside your household into your home for any reason. Please have your groceries, prescriptions, and other necessities delivered either to your home or trunk. Reach out to friends and loved ones by telephone to break the isolation and to get needed help.

Self-Isolation: Self-isolation is similar, but for people either with symptoms of sickness or with a definite diagnosis.

If you are in self-isolation, please do not leave your house/yard/car. Do not invite people outside your household into your home for any reason. Please have your groceries, prescriptions, and other necessities delivered either to your home or trunk. Reach out to friends and loved ones by telephone to break the isolation and to get needed help.

Social Distancing: Social Distancing is what we all need to be doing in order to flatten the curve and stop the spread of disease. Social Distancing is a set of behaviors, including:

-staying home whenever possible

-avoiding in-person interactions with people outside your household whenever possible

-avoiding all physical contact with people outside your household. Maintain at least 6 feet between yourself and others. Do not shake hands, hug, or otherwise touch others. Greet others with a wave or with a hand placed over your heart and a warm smile.

At the same time that we are practicing social distancing to stop the spread of disease, please remember to practice social kindness. Say hello; pick up the phone to call friends, loved ones, and neighbors to break through the loneliness.