



Canadian Mental  
Health Association  
Manitoba and Winnipeg  
*Mental health for all*

Association canadienne  
pour la santé mentale  
Manitoba et Winnipeg  
*La santé mentale pour tous*



years of  
community  
ans dans la  
communauté

## Understanding Quarantine, Isolation and Social Distancing in a Pandemic

As the government and health authorities work to contain the spread of COVID-19, more and more people are being asked to self-quarantine or self-isolate each day. With this, you might find yourself feeling overwhelmed and unsure of these measures and the differences between them. Here is some information to minimize confusion, and give us the ability to help flatten the curve.

**Quarantine** is the separation and restriction of the movement of people who have been exposed to a contagious disease to determine if they become sick.

Quarantine for 14 days if you have no symptoms and you:

- are returning from travel **outside of Canada**
- had close contact with someone who has or is suspected to have COVID-19
- have been told by the public health authority that you may have been exposed and need to quarantine

Quarantine means that for 14 days you need to:

- **stay at home** and monitor yourself for symptoms, even if mild
- avoid contact with others to help prevent transmission of the virus at the earliest stage of illness
- practice physical (social) distancing in your home and community

**Isolation** refers to separating those who are already sick from the rest of the population. Self-isolation provides individuals the opportunity to recover from the virus without spreading it to others.

You must isolate for at least 14 days if you have:

- been diagnosed with COVID-19, or are waiting for laboratory test results for COVID-19
- symptoms of COVID-19, even if mild
- been in contact with a suspected, probable or confirmed case of COVID-19
- been advised to do so by your public health authority
- returned from travel outside Canada and have symptoms of COVID-19 (mandatory)

Isolation means you must go directly home and stay home for:

- a minimum of 14 days after the onset of your first symptoms of COVID-19 **or**
- until your local public health authority says you are no longer at risk of spreading the virus



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**Social distancing** means keeping your distance, minimalizing travel and outings to reduce the risk of contracting and spreading the virus. We all have a part to take in flattening the curve. Right now, keeping a distance of at least **6 feet** is required.

So what does this mean and what is different?

It means:

- We don't hug
- We don't high-five
- We don't stand close
- We don't handshake

It does mean:

- We can smile at each other
- We can wave
- We can sit apart (6 feet)
- We can still talk

**The CMHA Service Navigation Hub (SNH) provides information on a range of topics related to mental health, mental illness, distress and strategies connected to resilience.**

When you connect to the SNH they listen and assess your situation; provide immediate support; educate and provide consultation on your rights and to determine next possible steps of action – whether to proceed with intake to CMHA programs or to refer to appropriate community supports.

You can reach them directly at: 204-775-6442 or email at: [hub@cmhawpg.mb.ca](mailto:hub@cmhawpg.mb.ca)  
Visit: [service navigation hub](#) for more detailed information on the support a Recovery Navigation Specialist can provide as well as other crisis supports within Manitoba.



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# COVID-19 prevention methods, explained

	<b>SOCIAL DISTANCING</b>	<b>QUARANTINE</b>	<b>SELF-ISOLATING</b>
<b>Who it's for:</b> 	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.
<b>How long it's for:</b> 	Indefinitely.	14 days minimum.	At least 7 days from the onset of the symptoms.
<b>Who you can interact with:</b> 	Roommates, family members you live with.	No direct contact.  Stay in a room alone if you live with people or in your house if you live alone.  Have friends/family/delivery services drop off supplies but don't touch or talk to them.	
<b>What you can do:</b> 	Go for a solitary walk, hike, or jog.  Let employees work from home.	Stock up on food and water — have it delivered and don't interact directly with the delivery person.	
<b>How to socialize:</b> 	Cancel any unnecessary gatherings/plans.	Don't leave your house aside from emergencies.  No face-to-face interaction. Maintain a six foot distance from roommates/family.  Facetime dates, phone calls and virtual communication are all acceptable.	