



Taking Care of Your Behavioral Health

Tips for Social Distancing, Quarantine and Isolation during an Infections Disease Outbreak

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. Here are some tips on social distancing, quarantine and isolation.

Information on Social-Distancing, Quarantine and Isolation

Social Distancing

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease.

Quarantine

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

Isolation

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine or isolation. People may feel the following emotions:

- Anxiety or Worry
- Fear
- Boredom
- Desire to use alcohol or Drugs
- Concern
- Loneliness
- Frustration
- Symptoms of Depression
- Uncertainty
- Anger
- Uncertainty or ambivalence
- Symptoms of post-traumatic stress disorder (PTSD)

Ways to Support Yourself During this Time

- Understand the real risk of harm to protect yourself and others
- Take steps to get the facts and stay up to date on what is happening
- Avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness and boredom during social distancing, quarantine and isolation.

- Use the telephone, email, text messaging and social media to connect with friends, family and others
- Talk “face to face” with friends and loved ones using Skype or FaceTime

For more details on dealing with social distancing, quarantine and isolation, check out the [Substance Abuse Mental Health Services Administration \(SAMSHA\)](#) handout.

Sources for Reliable Outbreak – Related Information

**Centers for Disease Control and
Prevention**
1600 Clifton Road
Atlanta, GA 30329-4027
1-800-CDC-INFO (1-800-232-4636)
<http://www.cdc.gov>

World Health Organization
Regional Office for the Americas of the World
Health Organization
525 23rd Street, NW
Washington, DC 20037
202-974-3000
<http://www.who.int/en>

We hope you find these tips and resources helpful. [UCR Healthy Campus](#) and the [Faculty/Staff Wellness Program](#) remains committed to the health and well-being of the campus community.

If you have any questions or would like more information, feel free to reach out to wellness.ucr.edu or healthycampus@ucr.edu.

Stay safe and healthy!