

# COVID-19 Checklist

Help the Isolated or Quarantined

## Top Things You Can Do to Help Someone Who is Isolated or Quarantined due to COVID-19

**Isolation** separates sick people with a contagious disease from people who are not sick. **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. All Minnesotans are being asked to practice **social distancing** whenever possible. This is an important public health practice of maintaining a distance of at least 6 feet from others to help avoid and limit the spread of COVID-19.

Isolation, quarantine, and social distancing can create new complications for individuals and families. You can help in the following ways:

- › Call, text, or video chat with them to let them know you are there to support them. They may be scared and lonely staying home for two weeks. Seeing or hearing a friend this way can show them kindness while still practicing social distancing.
- › Reach out to see what they need. Drop off food or drinks at their door since they may not have had a chance to prepare, and might be running low on important items.
- › Offer to do their yard work, to take their trash or recycling to the curb, or to drop their mail at their door.
- › Offer to run errands to pharmacies or stores for essentials if they need anything to support themselves or household members through an extended period. Consider supplies for their pets too, like indoor absorbent pads if they are unable to take them outside.
- › Think about what you would like if you were stuck in your home for two weeks. Would you want books, games, other comfort measures? Treat those around you like you'd want to be treated, and consider outside-the-box ways to help those in your life.
- › Avoid stigma or showing prejudice to Minnesotans of Asian descent or assuming that someone of Asian descent is more likely to have COVID-19.
- › Share resources like the [Minnesota Crisis Response Line](#) and the [National Domestic Violence Hotline](#).

For up to date, accurate information, visit the Minnesota Department of Health (MDH) [Prepare and Prevent: COVID-19](#) webpage, or the Centers for Disease Control (CDC) [Coronavirus webpage](#).



**Wash your hands.**



**Stay home when sick.**



**Cover your cough.**



**Keep 6 feet apart.**



**Stay informed.**