

# Grand Traverse County Health Department GTCHD

*"GTCHD envisions a healthy community and safe environment for all."*

## We Wanted to Answer Some of Your Frequently Asked Questions

### Q: Social Distancing - What does it mean for me?

This phrase refers to how you interact with people in your daily life. It can be a little bit different for different situations, organizations or people. In general, it means not shaking hands, avoiding crowds, standing at least six feet from other people and most importantly, staying home if you feel sick.



- But what about my kids that are home from school? Can they play with others?

There isn't a quick and easy answer to this question. Again, some of this is going to be based on the situation. For example: How many kids are involved? Have any of them been sick or have a sick family member? Does Grandma live in the same house? Parents and families need to assess each situation and make the best decision they can at that time.

- Can we go outside?

Yes. While orders from Governor Whitmer and the President have recently closed schools or resulted in the cancellation of sporting events, the outside is still an option for us! In fact, Traverse City area parks and trails are open for walking, hiking, bike riding, and nature viewing. The only consideration to make would be staying your distance from others and being mindful of highly touched surfaces.

Many organizations are also putting options together to keep families entertained if they can't get outside. For example, Google Arts and Culture, has partnered with over 2,500 museums and galleries around the world to offer virtual tours of their spaces. Lots of other events have also figured out ways to hold "virtual" sessions.

## Q: What is the difference between self-quarantining, self-monitoring, and self-isolation?

**Self-monitoring** includes regularly checking your temperature and watching for signs of a respiratory illness, such as fever, cough or shortness of breath. It also involves limiting interaction with others.

**Self-quarantine** is a step up from self-monitoring because the person is at risk of infection due to being exposed to the new coronavirus, even if the person may not have any symptoms. It also includes watching for signs of illness and again, limiting interaction with others.

**Isolation** is a health care term that means keeping people who are infected away from those who are not. For example, when you are sick with COVID-19 you would either need to remain at home or in the hospital. This is a much more rigid precaution than self-quarantine.

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Find out more about what Governor Whitmer has asked Michiganers to do [HERE](#).



## Q: I'm healthy, why should I care or stay home?

Link to the President's Coronavirus Guidelines for America here:  
[15 Days to Slow the Spread](#)

*“Every single reduction in the number of contacts you have per day with relatives, with friends, co-workers, in school will have a significant impact on the ability of the virus to spread in the population,” said Dr. Gerardo Chowell, chair of population health sciences at Georgia State University.*

Please help us keep our community safe. Let's all do our part to make it through this challenging time.

More FAQ will be added to our website soon. Please check-in often: [www.gtchd.org](http://www.gtchd.org)

**You can also ask questions about COVID-19 by calling 1-888-535-6136. This hotline is staffed daily from 8:00am to 5:00pm by the Michigan Department of Health and Human Services .**

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