

# RESULTS FROM A LIVING EVIDENCE SYNTHESIS

## Cost and Benefits of Staying Away from Others to Reduce Spread of COVID-19

We collected 6,653 scientific articles to try and answer two questions:

Q1

How long people should people stay away from others to help reduce the spread of infections?

Q2

How does staying away from others affect people's lives?

We looked at 271 of these more closely, but only 11 of them had potential to help us reliably answer our questions. From these, we learned more about benefits and costs:



### BENEFITS OF STAYING AWAY FROM OTHERS

Using virtual models of the real world, some studies predicted that isolating could help reduce infections.

They also showed that getting tested or being vaccinated could help minimize isolation time.

We found no clear rule about exactly how long is "long enough."

### COSTS OF STAYING AWAY FROM OTHERS



Staying away from people is hard.  
Missing work often means losing income.  
Staying isolated affects quality of life.  
Self-isolation can be difficult on mental health.

Only a small number of studies looked at how staying away from others impacts people's mental health.



Some studies found that staying away from others was linked with more depression and anxiety.  
Other studies found no difference.

Staying away from others can affect mental health, but the impacts probably depend on the person.  
The time spent away from others needs to be balanced with the costs.



More and higher quality research studies are needed to better answer our questions.