

## GUIDELINES ON SELF-ISOLATION



### SELF-ISOLATE

Keep your distance. Do not invite visitors. Avoid contact with other people and pets in the home. If you start feeling sick, stay alone in your bedroom with the door closed.



### CARE FOR OTHERS

Wear a cotton scarf or mask whenever you go outside or when anyone is in the same room with you, and less than 2 meters / 6 feet away.



### WASH YOUR HANDS OFTEN

With soap & warm water for at least 20 seconds. This destroys the virus. If soap and water are unavailable, use a hand sanitizer containing 70% alcohol.



### COUGH AND SNEEZE INTO YOUR SLEEVE OR INTO A PAPER TISSUE

Throw the tissue away into a closed garbage can and wash your hands for 20 seconds with warm water and soap.



### DO NOT SHARE PERSONAL ITEMS DISINFECT SURFACES AND ITEMS FREQUENTLY

Disinfect anything that people around you might touch, especially doorknobs, light switches, handrails, faucet taps, etc.

## WATCH FOR SYMPTOMS & TAKE YOUR TEMPERATURE EVERY DAY

IF YOU DEVELOP SYMPTOMS, CALL YOUR LOCAL CMC OR HOSPITAL

### SYMPTOMS

FEVER  
( $> 38^{\circ}\text{C}$ )

COUGH OR  
WORSENING  
COUGH

SUDDEN  
LOSS OF  
SENSE OF  
SMELL  
WITHOUT A  
STUFFY NOSE

DIFFICULTY  
BREATHING

SORE THROAT

GREATER  
THAN USUAL  
FATIGUE

Do not go to the clinic or hospital unless instructed to do so.

- If you have **difficulty breathing**, call your local CMC or hospital to tell them you are on your way.
- Use a personal thermometer. If anyone else uses the same thermometer, **disinfect it before and after** using.
- Take your temperature at the **same time every day** and make note of the readings.
- If you are taking medication to lower your fever, wait at least **4 hours after** taking it before taking your temperature.



IF YOU ARE FEELING STRESSED, ANXIOUS OR DEPRESSED,  
CALL THE **WIICHIHIWAAUWIN HELPLINE**  
FOR EYYOU ISTCHEE:

**1-833-632-4357 (HELP)**

Counsellors are available 24/7 to answer your questions and help you through this stressful time.

For more information, please call the COVID-19 info-line for Eeyou Istchee at 1-866-855-2811 or visit:

[quebec.ca/coronavirus](http://quebec.ca/coronavirus), [creehealth.org/coronavirus](http://creehealth.org/coronavirus) or [eeyouistcheecovid19.org](http://eeyouistcheecovid19.org)





## SELF-ISOLATE



- As much as possible, **remain alone** in your own room in the house (especially if you start feeling sick).
- If possible, use a washroom not used by others, or **disinfect it after each use**. Close the toilet lid before flushing. Wash your hands after.
- Do **NOT invite visitors** into your home. Put the sign "No Visitors Please" on your door.
- Avoid contact** with other people and pets in the home.
- Air out the house often** by opening a window, temperature and weather permitting.
- When you need fresh air you **can go outside and must wear a mask** (see 2 below). You must remain 2 meters (6 feet) from people at all times and you cannot go to work, schools, stores, share rides or enter other public places.



## CARE FOR OTHERS



- You must **wear a cotton scarf to cover your mouth and nose or mask** (disposable or handmade) whenever you are outside or when anyone else is in the same room as you (such as a caregiver).
- Throw the disposable mask** into a closed garbage can **once used**, then **wash** your hands.
- If you use a cotton scarf or a handmade mask, **wash it at least once a day**, with warm water and soap.



## WASH YOUR HANDS OFTEN



- Wash your hands with **soap and warm water** for at least 20 seconds. This destroys the virus.
- Dry with a paper towel or with a cloth hand towel **used only by you**.
- If soap and warm water are unavailable, use a **hand sanitizer containing 70% alcohol**. Take special care to wash your hands **before touching any common areas** (for example in a shared bathroom).
- If you cannot avoid your pet, wash your hands **before and after** touching it.
- Pets are not at risk for COVID-19 but their fur and skin can **carry the virus**.



## COUGH AND SNEEZE INTO YOUR SLEEVE OR INTO A PAPER TISSUE



- Use a paper tissue to cough**, sneeze and wipe your nose.
- Throw away the tissue** into a closed garbage can then **wash your hands** with soap and warm water for 20 seconds.



## DO NOT SHARE PERSONAL ITEMS & DISINFECT SURFACES AND ITEMS FREQUENTLY

- Do **not share** plates, utensils, cups, towels, sheets, clothing or any other items.
- Wash dishes and utensils with soap and water **after each use**, or use the dishwasher.
- Disinfect **surfaces and items frequently** (especially doorknobs, light switches, handrails, etc.).
- Prepare a **disinfectant solution** of 1 part household **bleach** (5%) to 9 parts **water** (e.g. 1 cup bleach and 9 cups water). Make the mix fresh **every day** so it will remain effective.

FOR EXAMPLE, THIS MEANS:

10  
9  
8  
7  
6  
5  
4  
3  
2  
1

10 ml of household bleach (5%)  
+  
90 ml of water

