

SELF-ISOLATION GUIDELINES



These guidelines apply ONLY to people who are visiting or returning to communities from areas of risk AND who have NO symptoms of COVID-19. These instructions to DO NOT apply to you if you are sick. Contact your CMC or the hospital to get tested.

For the latest information, visit : cngov.ca/covid-19/#risk



SELF-ISOLATE

You can isolate with members of your household. Limit contact with, and wear a mask or face covering around people who did not travel with you. If you start feeling sick, call your CMC or hospital to get tested.



CARE FOR OTHERS

Wear a mask (disposable or homemade) or face covering whenever you go outside or when with members of your household who are Elders (70+) or people with serious medical conditions.



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 in 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

If you develop symptoms, these guidelines no longer apply to you. You need to get tested and follow instructions given by your health care professional regarding stricter self-isolation rules.

SYMPTOMS
FEVER (> 38°C)
COUGH OR WORSENING COUGH
SUDDEN LOSS OF SENSE OF SMELL WITHOUT A STUFFY NOSE
DIFFICULTY BREATHING
SORE THROAT
GREATER THAN USUAL FATIGUE

MONITOR YOUR SYMPTOMS

- ✔ Take your temperature at the **same time every day** and make note of the readings.
- ✔ Use a personal thermometer. If anyone else uses the same thermometer, **disinfect it before and after** using.
- ✔ If you are taking medication to lower your fever, wait at least **4 hours after** taking it before taking your temperature.

If you have **difficulty breathing or develop symptoms** such as a cough, fever, fatigue, etc., call your CMC or the hospital (Do not go to the clinic unless you are instructed to do so).



IF YOU ARE FEELING STRESSED, ANXIOUS OR DEPRESSED, CALL THE **WIICHIHIIWAAUWIN 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.



SELF-ISOLATE



- ✔ As much as possible, **stay home** with the members of your household with whom you travelled.
- ✔ **Try to limit time** spent with household members who did not travel with you. **Wear a mask**, and try to keep your distance from one another.
- ✔ Take **precautions** to keep your distance and wear a mask or face covering if you live with someone who has a **severe medical condition** or is over 70. You can be around your children, but try to avoid prolonged, close contact if they are going to school (to prevent them from spreading the virus to school).
- ✔ **Avoid going to public places**, or anywhere else you may be in contact with people who are not regular household members.
- ✔ You **may talk to visitors outside your home** in your yard provided you wear a mask and maintain a 2-metre/6-foot distance. **Do NOT invite visitors** into your home. Put the sign "No Visitors Please" on your door.
- ✔ You may spend time around your pets, but **try to avoid direct contact**.
- ✔ **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 metres (6 feet) away from other 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 **mask** (disposable or homemade) or a cloth face covering, over your mouth and nose 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 cloth mask or face covering, **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



- ✔ **Cough and sneeze into your sleeve** or use a paper tissue..
- ✔ **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 a fresh mix every day so it will remain effective.

FOR EXAMPLE, THIS MEANS:

10 ml of household bleach (5%)	BLEACH	10
+		9
90 ml of water	WATER	8
		7
		6
		5
		4
		3
		2
		1

