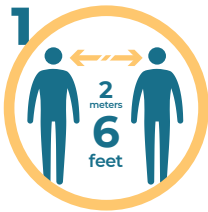


SELF-ISOLATING GUIDELINES



These guidelines apply **ONLY** to people who are travelling from areas of risk and who have **NO SYMPTOMS** of COVID-19. If you have symptoms, call your CMC or hospital to get tested.

Visit the CNG map of areas of risk for updated information: cngov.ca/covid-19/#risk



1 SELF-ISOLATE

If you aren't fully vaccinated, you need to isolate. You can isolate in your house. Family members who aren't fully vaccinated must isolate with you, regardless of their age. Fully vaccinated family members don't need to isolate with you, but should follow required precautionary measures.



2 CARE FOR OTHERS

Stay home as much as possible. Limit contact with people not isolating with you. Wear a mask whenever you go outside, and indoors, if there are household members who aren't isolating with you.



3 GET TESTED

Call your CMC or hospital to arrange for a COVID-19 screening test on Day 5 – 7 after your return to Eeyou Istchee. Do a screening test even if you don't have any symptoms.



4 WASH YOUR HANDS OFTEN

With soap & warm water, for at least 20 seconds. You can also use hand sanitizer with at least 70% alcohol content. If you cough or sneeze, throw your tissue in a closed garbage, and clean your hands after.



5 DON'T SHARE PERSONAL ITEMS

Disinfect surfaces and objects 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 are tested positive, these
guidelines no longer apply to you.

Follow instructions given by your
health care professional regarding
stricter self-isolation rules.



