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



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.



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.



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.



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.



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.

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

creehealth.org/covid quebec.ca/coronavirus



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).



SELF-ISOLATE

- If you have to self-isolate because you are partially vaccinated or unvaccinated, there are two options:
 - Isolate with members of your household as a "bubble".
 - > Isolate alone in another dwelling.
- Oiscuss your options with people who live with you before you travel. Make sure everyone involved clearly understands what "bubble" isolation will mean for them.
- If you choose to isolate as a "bubble", unvaccinated or partially vaccinated people in your household have to follow the same isolation guidelines you do. (Fully vaccinated family members do not have to isolate, but should follow precautionary measures at home listed in section 2.)
- If you are isolating in a "bubble" that includes someone who has a severe medical condition, or is older than 70, practice physical distancing and wear a mask in their presence even if they are fully vaccinated.
- As much as possible, stay home with members of your household who are also isolating.
- Ouring isolation, don't go to work, school, into stores, or other public places, and don't share rides.
- **Solution** Keep your distance from one another throughout your isolation period.
- Air out the house or your isolating room often by opening a window, weather permitting.
- When you need fresh air you can go outside, but you must wear a mask.
- You may talk to visitors outside your home in your yard, provided you wear a mask and maintain a 2-metre/6-foot distance.
- O not invite visitors into your home.





BE CAUTIOUS AND CARE FOR OTHERS

- Limit contact with people not isolating with you.
- Wear a medical or disposable mask whenever you go outside, and indoors as well if there are household members who aren't isolating with you. The mask should cover your mouth and nose. Throw the disposable mask into a closed garbage can after using it, then wash your hands.
- Oheck with your PSO about local rules for outdoor walks during isolation. If you can walk outside, choose a time and place where you are less likely to cross paths with other people.
- If you have regular follow-up appointments scheduled at your local CMC, or if you have another medical concern, please call instead of going in person.
- If you are fully vaccinated (2 doses), can show proof of vaccination, and don't need to isolate, you are still required to follow other precautionary measures after returning from an area of risk. For 7 days, you must:
 - Wear a medical mask indoors and outdoors.
 - Wear a medical mask at home when you can't maintain physical distance from other people in your home (who did not travel with you).
 - Limit social contacts and activities to work, essential errands and essential gatherings.
 - → Monitor yourself daily for any COVID-19 symptoms.



GET TESTED

- of If you start feeling sick during your isolation period, call your CMC or hospital to get tested.
- If you are fully vaccinated and not isolating, a screening test on Day 5 after your return to Eeyou Istchee is strongly recommended.





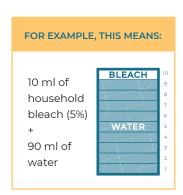
WASH YOUR HANDS OFTEN

- Wash your hands frequently with soap and warm water for at least 20 seconds, and dry thoroughly with paper towel or a hand towel used only by you.
- of If soap and warm water aren't available, use a hand sanitizer that contains at least 70% alcohol.
- Clean your hands before and after touching any pet.
- Pets are not at risk for COVID-19, but their fur and skin can carry the virus.



DON'T SHARE PERSONAL ITEMS & DISINFECT SURFACES FREQUENTLY

- While in isolation, don't share plates, utensils, cups, towels, sheets, clothing or any other items.
- use, or use the dishwasher.
- O 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 everyday so it will remain effective.



IF YOU ARE FEELING STRESSED, ANXIOUS OR DEPRESSED, CALL THE WIICHIHIIWAAUWIN HELPLINE FOR EEYOU ISTCHEE:



1-833-632-4357 (HELP)

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

