



COVID-19 ISOLATION MEASURES

Symptoms of COVID-19:



- Fever (≥ 37.8 °C/100 °F)
- Cough or barking cough (croup)
- Shortness of breath
- Decrease or loss of smell or taste
- Sore throat or difficulty swallowing
- Runny or stuffy/congested nose
- Headache that's unusual or long lasting
- Nausea, vomiting and/or diarrhea
- Extreme tiredness that is unusual or muscle aches

If any of these symptoms develop or worsen, contact Public Health.

What Does Self-Isolation Mean?

Staying at home when you have symptom(s) of COVID-19 OR if it is possible that you have been exposed to the virus. By avoiding contact with other people, you help prevent the spread of disease to others in your home and your community. Please help stop the spread!

Ways to Self-Isolate as a Household:

STAY AT HOME:

- Do not go to school or other public places. You may go outside on your property as long as there are no interactions with others.
- Do not have visitors.
- Do not use taxis or public transportation.
- Do not attend appointments. You may only leave your home for urgent medical care or to get tested for COVID-19. Wear a mask when you leave home.
- Avoid contact with seniors and people with chronic medical conditions.



AVOID CLOSE CONTACT:

- Keep a physical distance of at least 2 meters (6 feet) from other household members.
- If you have to be in the same room as others, limit the time spent together in the room, ensure distance is maintained and all are wearing masks.
 - A medical mask is preferred; a multi-layered cloth mask otherwise. Ensure the mask is worn over your nose and mouth.



SEPARATE ISOLATION SPACE WITHIN HOME:

- If a separate space is available and realistic, stay and sleep there. Have a caregiver bring meals and supplies to the room and drop them off outside of the door.
 - If a separate space is NOT available and physical distancing from other household members cannot be maintained, consider having one caregiver within the home provide the care that is required. This caregiver should then also isolate from other household members and adhere to isolation measures.
 - If available, a medical mask should be worn by the caregiver to help prevent infection. If not available, a multi-layered cloth mask should be worn.

HANDS, COUGH, SNEEZE

- Wash your hands often with soap and water
 - Use a 70% alcohol-based hand sanitizer if soap and water are not available.
- Dry your hands with a paper towel, or with a cloth towel that no one else will share.
- Cover your mouth and nose with a tissue when you cough or sneeze.
 - If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Throw used tissues in a lined wastebasket, and wash your hands.



CLEANING

- Twice per day, clean and disinfect surfaces that have frequent contact with hands: doorknobs, sinks, counters, toilet handles, light switches, bedside tables, hand rails, touch screen surfaces.
- Ensure cleaning products have a Drug Identification Number and follow the manufacturer's instructions.
- Wash laundry thoroughly; there is no need to separate laundry but you should clean hands with soap and water after handling.
- Be careful when disposing of waste and wash hands following handling.

SHARED ITEMS/SPACE

- No sharing of personal items: dishes, drinking glasses, cups, utensils, toothbrushes, iPads, gaming devices, headsets, towels, phones (if must be shared, disinfect between users).
- If there is more than one bathroom, consider dedicating one to the person isolating.
- Any shared space (e.g., bathroom, kitchen) should be cleaned and disinfected after each use.

