

CORONAVIRUS DISEASE (COVID-19): HOW TO ISOLATE AT HOME WHEN YOU HAVE COVID-19



Isolation means staying at home when you are sick and have symptoms of COVID-19 and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

You must :

- ▶ **go directly home and stay at home** if you have :
 - been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
 - symptoms of COVID-19, even if mild
 - been in contact with a suspected, probable or confirmed case of COVID-19
 - been told by public health that you may have been exposed to COVID-19
 - returned from travel outside Canada with symptoms of COVID-19 (mandatory)*
- ▶ monitor your symptoms as directed by your healthcare provider or **Public Health Authority** until they advise you that you are no longer at risk of spreading the virus to others
- ▶ immediately contact your healthcare provider or **Public Health Authority** and follow their instructions if your symptoms get worse

Limit contact with others

- ▶ Do not leave home unless it's to seek medical care.
- ▶ Do not use public transportation (e.g., buses, taxis).
- ▶ Arrange to have groceries and supplies dropped off at your door to minimize contact.
- ▶ Stay in a separate room and use a separate bathroom from others in your home, if possible.
- ▶ If you have to be in contact with others, practice **physical distancing** and keep at least 2 metres between yourself and the other person. Keep interactions brief and wear a face mask.
- ▶ Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.
- ▶ Avoid contact with pets if you live with other people that may also be touching the pet.

Keep your hands clean

- ▶ **Wash your hands often** with soap and water for at least 20 seconds, and dry with disposable paper towels or dry reusable towel, replacing it when it becomes wet.
- ▶ You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer containing at least 60% alcohol.
- ▶ Avoid touching your eyes, nose and mouth.
- ▶ Cough or sneeze into the bend of your arm or into a tissue.

* Quarantine Act

The Government of Canada is implementing an Emergency Order under the *Quarantine Act*. This order means that everyone who is entering Canada by air, sea or land has to stay home for 14 days in order to limit the spread of COVID-19. The 14-day period begins on the day you enter Canada.

- ▶ If you have travelled and have no symptoms, you must **quarantine (self-isolate)**
- ▶ If you have travelled and have symptoms, you must **isolate**



Avoid contaminating common items and surfaces

- ▶ At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- ▶ Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- ▶ To disinfect, use only **approved hard-surface disinfectants** that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.
- ▶ Place contaminated items that cannot be cleaned in a lined container, secure the contents and dispose of them with other household waste.
- ▶ Put the lid of the toilet down before flushing.

Care for yourself

- ▶ Monitor your symptoms as directed by your health care provider or **public health authority**.
- ▶ If your symptoms get worse, immediately contact your health care provider or public health authority and follow their instructions.
- ▶ Get some rest, eat a balanced diet and stay in touch with others through communication devices.

Supplies to have at home when isolating

- ☐ Face masks (do not re-use)
- ☐ Eye protection (face shield or goggles) for use by caregiver
- ☐ Disposable gloves (do not re-use) for use by caregiver
- ☐ Disposable paper towels
- ☐ Tissues
- ☐ Waste container with plastic liner
- ☐ Thermometer
- ☐ Over the counter medication to reduce fever (e.g., ibuprofen or acetaminophen)
- ☐ Running water



- ☐ Hand soap
- ☐ Alcohol-based sanitizer containing at least 60% alcohol
- ☐ Dish soap
- ☐ Regular laundry soap
- ☐ Regular household cleaning products
- ☐ Hard-surface disinfectant, or if not available, concentrated (5%) liquid bleach and a separate container for dilution
- ☐ Alcohol prep wipes
- ☐ Arrange to have your groceries delivered to you

**WE CAN ALL DO OUR PART IN PREVENTING
THE SPREAD OF COVID-19. FOR MORE
INFORMATION, VISIT**

Canada.ca/coronavirus or contact **1-833-784-4397**

