

Care at home for those who have or may have been exposed to COVID-19



Supplies

You'll need:

- › a thermometer
- › respirators (or if unavailable, well-fitting medical masks)
 - if neither are available, use well-constructed, well-fitting non-medical masks
- › eye protection, like a face shield, safety glasses or goggles
- › a no-touch waste container with a plastic liner, like a garbage bin

You'll also need hygiene products, such as:

- › household cleaning products
- › tissues and disposable paper towels
- › hand sanitizer containing at least 60% alcohol
- › dish soap, hand soap and regular laundry soap
- › hard surface disinfectant that has a drug identification number (DIN)
 - if unavailable, use a diluted bleach solution
- › alcohol prep wipes or cleaning products made for electronics

Read and follow manufacturer's instructions for safe use of cleaning and disinfection products.

Reach out to family, friends or neighbours if you can't get these supplies. You can also contact your local public health authority or a community organization for advice, support and resources.

Reducing the risk of spread in the household

Physical distancing

Limit the amount of time you spend in a shared space with the person in quarantine or isolation. Keep all interactions with the person few and brief. Maximize your physical distance as much as possible. Some people may need you to spend more time with them depending on their:

- › age
- › maturity
- › ability to understand and follow prevention measures

Sleep in a separate room from the person in quarantine or isolation. If not possible:

- › sleep in separate beds
- › position yourselves head to toe
- › keep the room well ventilated

Use a separate washroom from the person in quarantine or isolation. If not possible, ensure surfaces and objects they touch are cleaned and disinfected after each use.

Wearing a respirator

Household members should wear a respirator (like an N95 or KN95) when sharing a space with the person who is in quarantine or isolation.

This is even more important for household members who are:

- › at risk of more severe disease or outcomes from COVID-19
- › living in an overcrowded setting

The person who is in quarantine or isolation should also wear a respirator when they:

- › have to leave their quarantine or isolation location
- › are in a shared indoor space by themselves or with others
- › are in a shared outdoor space with household members
- › are receiving care

If a respirator is unavailable in these situations, wear a well-fitting medical mask. If neither are available, properly wear a well-constructed and well-fitting non-medical mask.

Children in the household should follow mask advice for their age group (see section on "[Caring for a child](#)").

Improving ventilation

Open windows and doors regularly to improve indoor ventilation.

If you have to interact with the person in quarantine or isolation, do so outside when possible, such as:

- › in a private backyard
- › on a balcony

Follow physical distancing and masking advice when doing so.

Cleaning and disinfecting

Ensure all high-touch surfaces and objects in your home are cleaned and disinfected more often, especially if the person you're caring for may have touched them.

Use approved hard-surface disinfectants that have a drug identification number (DIN) or a diluted bleach solution. Always follow instructions for proper handling of household bleach (chlorine).



Use separate no-touch plastic-lined containers, like a garbage can, for:

- › contaminated disposable items
- › used respirators and medical masks
- › contaminated laundry, including non-medical masks

Other measures

Avoid sharing personal items with the person in quarantine or isolation.

Look after any household pets so that the person in quarantine or isolation doesn't come into contact with them if possible.

Advice for caregivers

Ideally, only one person should provide care to someone who is in quarantine or isolation. If possible, the caregiver shouldn't have risk factors that put them at risk of more severe disease or outcomes from COVID-19. This includes:

- › older adults
- › pregnant people
- › those who have a chronic medical condition
- › people who haven't had all doses of a COVID-19 vaccine they're eligible to receive

You and the person you're caring for should both wear a respirator when:

- › interacting closely
- › in direct physical contact

If a respirator is unavailable in these situations, wear a well-fitting medical mask. If neither are available, properly wear a well-constructed and well-fitting non-medical mask.

Make sure the space you're providing care in is well ventilated.

Before and after providing care:

- › clean your hands with soap and water for at least 20 seconds or
- › use hand sanitizer

You don't have to wear disposable single-use gloves.

If available, wear eye protection with your respirator or mask, not as a replacement.

Caring for a child

Children under the age of 2 should not wear masks. Children between the ages of 2 and 5 may be able to wear a mask if they:

- › are supervised
- › can tolerate it
- › know how to put it on and take it off

Children older than 5 should wear masks in the same situations or settings as adults.

The child you're caring for should not share objects or toys with other children in the household.

Monitoring symptoms and seeking medical care

Watch for new or worsening symptoms in:

- › yourself
- › others in the household
- › the person in quarantine or isolation

Call **911** or your local emergency number if anyone develops severe symptoms, such as:

- › trouble breathing or severe shortness of breath
- › persistent pressure or pain in the chest
- › new onset of confusion
- › difficulty waking up or staying awake
- › pale, grey or blue-coloured skin, lips or nail beds

Let the ambulance dispatcher and the hospital know the ill person has or may have COVID-19.

Do not use public transportation to seek medical care unless you have no choice.

Keep the number of passengers in the vehicle as low as possible. The ill person should sit in the back seat of the vehicle, as far away as possible from the driver. Keep all vehicle windows fully open if possible and safe to do so.

Make sure everyone in the vehicle is wearing a respirator (or if unavailable, a well-fitting medical mask). The ill person should also wear one, unless they're having difficulty breathing. If respirators or medical masks aren't available, you should all properly wear a well-constructed and well-fitting non-medical mask.

Your quarantine period

You may need to quarantine and monitor yourself for symptoms:

- › after your last day of exposure to the person in isolation and
- › according to your local public health authority's advice

There may be different quarantine requirements if you or any of your other household members are vaccinated against COVID-19. Follow the instructions from your local public health authority.

If you start to develop symptoms:

- › isolate yourself away from others immediately
- › put on a respirator (or if unavailable, a well-fitting medical mask)
 - if neither are available, properly wear a well-constructed and well-fitting non-medical mask
- › contact your local public health authority or health care provider for further instructions

For more information

1-833-784-4397
canada.ca/coronavirus