

Advice for when you or someone in your home is sick with COVID-19



Staying home when sick

Stay home and limit your contact with others when you're sick or experiencing any COVID-like symptoms, even if mild. This will help prevent others in your community from getting sick.

It's important that you continue to follow the advice of your local public health authority regarding isolation. This includes the recommended length of time and public health measures you should continue using in the days after isolating. For example:

- › staying home if you're still experiencing symptoms
- › wearing a well-fitting respirator (like an N95 or KN95) or mask in public indoor settings
- › avoiding group living settings or those where people at risk of more severe disease or outcomes live

Reducing risk of spread in your household

Recommended public health measures to follow

When you're at home sick or in isolation, you should:

- › follow the instructions from your local public health authority
- › avoid or limit time spent in shared spaces with others
- › keep your space well ventilated
- › wear the best quality and best fitting respirator or mask available when recommended
- › maximize physical distance from other household members

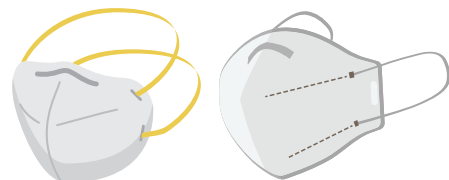
- › frequently clean and disinfect high-touch surfaces and objects in your home
- › wash your hands regularly with soap and water
 - use hand sanitizer that's at least 60% alcohol if soap and water aren't available
- › avoid close contact with your pets

Many of the public health measures that help reduce the risk of exposure and spread of COVID-19 also help protect against other respiratory infections. This includes flu and respiratory syncytial virus (RSV).

Wear a respirator

If you're at home sick or in isolation, wear the best quality and best fitting respirator (like an N95 or KN95) or mask available when you:

- › have to leave your home or co-living setting (for example, to seek medical attention)
- › are in a shared indoor space by yourself or with others (like a hallway or kitchen)
- › aren't able to maximize your distance with others in a shared outdoor space (like a balcony or backyard)
- › are receiving care (either direct physical care or close-range interactions)



Do **not** wear a respirator or mask if you have trouble breathing while wearing it.

Your caregiver and household members should also wear the best quality and best fitting respirator or mask available to them when:

- › providing care to you
- › in a shared space with you

This is especially important for those who:

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

If a **respirator** isn't available 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

Children under the age of 2 years should **not** wear masks. Children 2 to 5 years old may be able to wear a mask if they:

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

Children older than 5 years should wear a mask in the same situations or settings as adults.

Actions to avoid

If you're at home sick or in isolation, you should avoid or limit:

- › in-person interactions with household members, including being in the same room
- › leaving your home or co-living setting unless you need medical care
- › going to public spaces or visiting with others in-person
- › sharing a washroom with household members, but if this isn't possible:
 - follow public health measures when in a shared space, such as:
 - › wearing a well-fitting respirator or mask
 - › opening a window

- › practising hand hygiene
- › cleaning and disinfecting surfaces and objects

- put the toilet lid down before flushing to limit spread
- › sleeping in the same room with household members, but if this isn't possible:
 - make sure the space is well ventilated
 - maximize physical distancing (for example, sleep in separate beds positioned head to toe)
- › sharing personal items (for example, masks, utensils, food and drink, electronic devices)
- › having contact with anyone at risk of more severe disease or outcomes (based on their age or chronic medical condition)

Providing care

Ideally, only one person should provide care to someone who is at home sick or in isolation. This will help reduce the risk of COVID-19 spreading to others in the household. If possible, the caregiver shouldn't be at risk of more severe disease or outcomes from COVID-19.

If you're caring for someone, protect yourself by following prevention measures when in direct physical contact or during close interactions, such as:

- › limiting the amount of time spent in a shared space together
- › wearing the best quality and best fitting respirator or mask available
- › wearing eye protection like face shields, safety glasses or safety goggles (eye protection should **not** replace the use of a respirator or mask)
 - this keeps splashes or sprays of body fluids out of your eyes, like respiratory droplets
- › keeping the space you're providing care in well ventilated
- › washing your hands often with soap and water for at least 20 seconds:
 - before and especially after providing care
 - before and after putting on and taking off respirators or masks and eye protection

When wearing eye protection, wear it over prescription eyeglasses and put it on after putting on a respirator or mask.

To remove eye protection:

1. wash your hands
2. remove eye protection by handling:
 - the arms of the safety glasses or goggles **or**
 - sides or back of a face shield

The front of your protective items are contaminated, so don't touch them.

To discard eye protection:

1. if disposable: place into a plastic-lined waste container
2. if reusable: clean it with soap and water and then disinfect it with approved hard-surface disinfectants
 - if unavailable, use a diluted bleach solution
3. wash your hands

If you develop severe symptoms

Everyone in the household, including caregivers who may have come from outside of the household, should watch for new or worsening symptoms.

Call **911** or your local emergency number if you or others develop 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

If you or someone in your household requires emergency medical care, notify medical staff that you or the individual have or may have COVID-19. Follow any directions provided. This includes if you:

- › call an ambulance
- › take a private vehicle to the hospital

While travelling in a private vehicle, follow strict individual public health measures to reduce the risk of spread and:

- › wear a respirator (if unavailable, wear a well-fitting medical mask) unless experiencing difficulty breathing
 - all other passengers should also wear a respirator
- › minimize the number of passengers in the vehicle

- › maximize the physical distance between the driver and the person who is ill
- › open all vehicle windows to improve ventilation if possible and safe to do so

Public transportation should **not** be used to seek medical care. If no other option is available, wear the best quality and best fitting respirator (like an N95 or KN95) or mask available.

Supplies

Supplies needed if you or someone in your household is sick or isolating at home include:

- › a thermometer
- › the best quality and best fitting respirator (like an N95 or KN95) or mask available to you
- › eye protection, like a face shield, safety glasses or goggles
- › no-touch waste container with a plastic liner, like a garbage bin

Recommended hygiene products include:

- › tissues and disposable paper towels
- › hand sanitizer containing at least 60% alcohol
- › dish soap, hand soap and regular laundry soap
- › household cleaning products
- › a 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.

Stock your home with supplies in advance in case you or someone in your household needs to stay at home sick or isolate. Reach out to family, friends or neighbours for help if you can't get these supplies yourself. When reaching out, do so in a safe manner by avoiding contact if you can, such as a porch pickup. You can also contact your local public health authority or a community organization for advice, support and resources.

Wherever possible, stay at a place that has access to running water. This will make it easier to practise hand washing, cleaning and disinfecting, and laundering.