



# A GUIDE TO SELF-ISOLATION

If you have COVID-19, are caring for, or living with someone who has COVID-19 or respiratory symptoms, you are considered a 'close contact' and are required to self isolate.

## DO



### Do stay home for 14 days

- Work from home
- Avoid contact with others in your home

### Do stay in contact with medical personnel

- Island Health nurses, or your family Doctor (or Ts'ewulhtun Nurses).

### Do protect others

- Wash your hands frequently (hand hygiene). Cough into your sleeve (respiratory etiquette). Keep 2 meters (6 feet) away from others (physical distancing). Always wear a mask when not in your room. Use separate bathroom when possible.
- Keep older adults and people with chronic medical conditions (e.g. diabetes, lung problems, heart disease or weakened immune system) away from the infected person.

### Do clean all high-touch surfaces

- Toilets, bedside tables and door handles should be cleaned daily using a store bought disinfectant or diluted bleach solution. Allow the surface to remain wet for 1 minute. If they can withstand the use of liquids for disinfection, high-touch electronics such as phones, computers and other devices should be disinfected with 70% alcohol .

### Do wash laundry thoroughly

- Contaminated laundry should be placed in a laundry basket with a plastic liner. Wear gloves and mask when handling. Wash with regular laundry soap and hot water (60-90°C). Clean your hands with soap and water immediately after removing your gloves.

### Do access delivery services

- Use food delivery services or online shopping (groceries, medication etc.).

### Do monitor your symptoms

- If your symptoms worsen or you are having trouble breathing, call 9-1-1. Notify the dispatcher that you have or may have COVID-19.

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## DON'T X

### **Do not go to school, work or other public areas**

(e.g. grocery stores, pharmacy, malls, fitness center, place of worship)

### **Do not share household items**

Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is sick. After use, these items should be washed with soap or detergent in warm water. No special soap is needed. Dishwashers and washing machines can be used. Do not share cigarettes or other items that are put in the mouth.

### **Do not have visitors**

Except for individuals providing care or delivering food/supplies. In that case, maintain a distance of 2 meters and wear a mask.

### **Do not share personal items with others**

Including toothbrushes, towels, linens, thermometers, cigarettes, unwashed utensils, and electronic devices (such as phones and computers).

### **Do not use public transportation or ride sharing**

**Questions? Call 8-1-1 anytime or Ts'ewulhtun  
Health Centre 250-746-6184 (8:30 am—4:30 pm)**