

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 isolate yourself for at least 14 days 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)*

Go directly home and stay at home for:

- ▶ 14 days after the onset of your first symptoms of COVID-19, provided you no longer have a fever and your other symptoms have improved OR
- ▶ until your **Public Health Authority** advises you that you are no longer at risk of spreading the virus to others

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.
- ▶ 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 that requires persons entering Canada—whether by air, sea or land—to isolate for 14 days if they have symptoms of COVID-19, or to quarantine (self-isolate) themselves for 14 days if they are asymptomatic in order to limit the introduction and spread of COVID-19. The 14-day period begins on the day the person enters Canada.



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.
- ▶ Stay at home for:
 - 14 days after the onset of your first symptoms of COVID-19, provided you no longer have a fever and your other symptoms have improved OR
 - until your public health authority advises you that you are no longer at risk of spreading the virus to others

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**

