

CORONAVIRUS DISEASE (COVID-19): HOW TO SELF-ISOLATE AT HOME WHEN YOU MAY HAVE BEEN EXPOSED AND HAVE NO SYMPTOMS

People with COVID-19 do not always recognize their early symptoms. Even though you do not have symptoms now, you need to self-isolate if in the last 14 days, you:

- ▶ travelled **outside of Canada**
OR
- ▶ had close contact with someone who has or is suspected to have COVID-19

Self-isolate means that, **for 14 days** you need to:

- ▶ **stay at home** and monitor yourself for symptoms, even if mild
- ▶ **avoid contact with other people** to help prevent transmission of the virus at the earliest stage of illness
- ▶ **do your part to prevent the spread of disease** in your home and in your community, in case you develop symptoms

Note: If you are living with a person who is isolated because they have or are suspected to have COVID-19, your self-isolation period may be extended beyond 14 days. Seek direction from your **public health authority**.

To self-isolate, take the following measures:

Limit contact with others

- ▶ Stay at home or the place you are staying in Canada.
- ▶ Do not go to school, work, other public areas or use public transportation (e.g., buses, taxis).
- ▶ Do not have visitors.
- ▶ Avoid contact with older adults, or those with medical conditions, who are at a higher risk of developing serious illness.
- ▶ Avoid contact with others, especially those who have not travelled or been exposed to the virus.
- ▶ If contact cannot be avoided, take the following precautions:
 - keep at least 2 metres between yourself and the other person
 - keep interactions brief
 - stay in a separate room and use a separate bathroom, if possible

Things you can do while self-isolating

While keeping a physical distance of 2 metres from others, you can:

- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ use food delivery services or online shopping
- ▶ ask family, a neighbor or friend to help with essential errands
- ▶ exercise at home
- ▶ go outside for some fresh air, a run, a bike ride, or to walk the dog
- ▶ host online dinners and games with family and friends
- ▶ use technology, such as video calls, to keep in touch with family and friends
- ▶ work from home
- ▶ get creative by drawing chalk art or running back yard obstacle courses and games



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.

Keep surfaces clean and avoid sharing personal items

- ▶ At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- ▶ Use store-bought disinfectants to clean, following the directions on the label.
- ▶ Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.

Monitor yourself for symptoms

- ▶ Monitor yourself for symptoms, particularly fever and respiratory symptoms such as coughing or difficulty breathing.
- ▶ Take and record your temperature daily (or as directed by your **public health authority**) and avoid using fever-reducing medications (e.g. acetaminophen, ibuprofen) as much as possible. These medications could mask an early symptom of COVID-19.
- ▶ If you develop symptoms, even if mild:
 - stay home
 - immediately isolate yourself from others in your house
 - contact your public health authority as soon as possible and follow their instructions

Supplies to have at home when self-isolating

- Disposable paper towels
- Thermometer
- Running water
- Hand soap
- Alcohol-based sanitizer containing at least 60% alcohol
- Dish soap
- Regular laundry soap
- Regular household cleaning products
- 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

