

Coronavirus Disease 2019 (COVID-19)

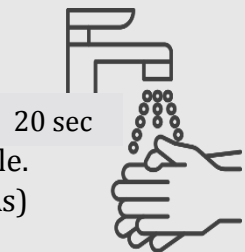
Self-isolation: Guide for caregivers, household members and close contacts

If you are caring for or living with someone who has the virus, you are considered a 'close contact'.

Your nursing station/health centre, your health care provider or local public health unit will give you special instructions about how to monitor your own health, what to do if you start to feel sick and how to contact them. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- You can continue to use tap water under a Boil Water Advisory (BWAs) for handwashing and personal hygiene



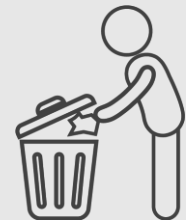
Wear mask and gloves

- Wear a mask and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).



Get rid of gloves and mask after use

- Take the gloves, mask off right after you provide care, and get rid of them in the wastebasket lined with the plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your mask.
- Clean your hands again with soap and water before touching your face or doing anything else.



Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from elders and people with chronic medical conditions like high blood pressure, a history of heart attack or stroke, diabetes, lung problems or immune system problems.



Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person under investigation.
- 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.



Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.



Wash laundry thoroughly

- There is no need to separate the laundry, but you should wear gloves when handling.
- Clean your hands with soap and water immediately after removing your gloves.



Be careful when touching waste

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes getting rid of waste easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.

