

Coronavirus Disease 2019 (COVID-19)

Strategies for self-isolation

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact the nursing station, Telehealth (1-877-797-0000) or your local public health unit.

Have a backup of supplies

- If possible, have a backup of non-medical supplies such as:
 - Soap
 - Household cleaning products
 - Non-perishable food and fluids
 - Tissues

Keep your hands clean

- Wash with soap and water for 20 seconds
 - after using the washroom, sneezing or coughing, using a mask or gloves, or eating
 - before preparing or eating food, putting on a mask or gloves, or touching your face

If you don't have running tap water, use a water container and bucket

- If tap water is not easily available, a closed water container with a spigot can be used to store water for handwashing.
- The container should be cleaned with regular cleaning products before filling with clean water.
- The container should be dedicated to water used only for hand washing (not drinking).
- Hold hands under the spout of the container, wetting, washing with soap and rinsing.
- A pail can be placed below the container to catch the flowing water.



If you are under a drinking water advisory

- Do Not Consume Advisory: Safe to wash hands
- Boil Water Advisory: Safe to wash hands
- Do Not Use Advisory: Use bottled water or hand sanitizer

If you can't use soap and water, use alcohol-based hand sanitizer

- If soap and water is not available, you can use alcohol-based hand sanitizer containing at least 60% alcohol
- If your hands are visibly dirty, hand wipes should be used first, then use the alcohol-based hand sanitizer
- Cover all of your hands and rub until dry

Stay apart from other people at home as much as possible

- If you have a private room and bathroom, use those until you are well
- You can make a separate space with sheets
- If you share a room for sleeping, try and keep beds at least 1 to 2 meters (3 to 6 feet) apart
- You can sleep head to toe if you share a room to sleep or bed

Cough and sneeze into a tissue

- Throw the tissue away and clean your hand right after
- If you don't have a tissue, cough and sneeze into your elbow/sleeve

Stay connected while self-isolating

- Talk to people on the phone or over the internet.
- Play games over the phone or over the internet.
- It is ok to walk and play outside if you stay 1 to 2 meters away from other people and wear a mask.