



# How to Self-Isolate

You have been asked to isolate yourself because you might have been diagnosed with COVID-19 or you might be at risk of developing COVID-19. Self-isolation means staying at home and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

For the next **14 days**, it is expected that you take the following measures:

## Limit contact with others

- Do not leave home unless absolutely necessary, such as to seek medical care.
- Do not go to school, work, other public areas or use public transportation (e.g., buses, taxis).
- Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.



## 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.
- Avoid touching your eyes, nose and mouth.
- Cough/sneeze into the band of your arm, not your hand, or into a tissue. Dispose of tissues in a lined waste container.



## Avoid contaminating common items and surfaces:

- Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- Put the lid of the toilet down before flushing.



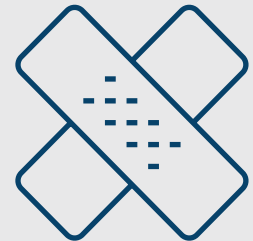
## Monitor your symptoms daily:

- Monitor your health and symptoms daily (**fever, cough, and difficulty breathing**)
- Record your temperature daily.
- If you develop symptoms or your symptoms get worse immediately contact Tele-care 8-1-1 or Public Health.



## Care for yourself:

- Get some rest, eat a balanced diet and nutritious food, and stay hydrated with fluids like water.
- Stay in touch with family and friends by phone or computer.
- Make alternative work/study arrangements where possible.



**If you start having symptoms isolate yourself from others as quickly as possible. Immediately **CALL TELECARE-811**. Describe your symptoms and travel history. They will provide advice on what you should do.**