



Umbrella Multicultural Health Co-op

## COVID-19 INFORMATION MEMO

26-August-2020

### HOW TO SELF-ISOLATE AT HOME

Self-isolation is avoiding contact with others to prevent the spread of disease. Self-isolation is an important way of preventing COVID-19 from spreading in British Columbia.

People are asked to self-isolate when they have traveled to an area with many cases of COVID-19, or when they have been in contact with a person who has COVID-19, or when they have any cold and flu symptoms.

*It has been recommended that I self-isolate. How do I stop the spread of germs? What if I am sharing my home with other people?*

#### **Stay at home and avoid contact with others.**

- If you have symptoms, isolate for **at least 10 days** after symptoms started AND **fever is gone** without using fever-reducing medications, and you feel better.
- During this period of time, do NOT go to work, school, public spaces, places of worship, stores, supermarkets, or restaurants.
- **No visitors** to your home.
- Cancel or reschedule non-urgent appointments.
- Do not take buses, taxis, or ride-sharing services.

#### **Practice good hygiene**

- Sneeze/cough into your sleeves or tissue.
- **Wash your hands** for at least 20 seconds after coughing/ sneezing, after touching your face, after using the washroom.
- **Disinfect** high touch surfaces, such as doorknobs, light switches, countertops, bathrooms, cell phones, remote controls, etc., at least twice a day
- Keep good airflow and **AWAY** from others. You can do this by placing a fan facing an open window to circulate air.
- Throw away tissues in a lined garbage bin with a closed lid.

#### **Protect those who live with you**

- If possible, sleep in a separate room and use a different bathroom.
- If not possible, stay **2 metres apart** from others, especially those who are elderly, or are in poor health.

- **Wear a mask** or face covering with two layers of tightly-woven fabric that can stop the droplets from spreading in the air and infecting those who live with you.
- Flush toilet with the **lid closed**.
- Do **NOT share** food or personal items, such as toothbrushes, towels, cups, dishes, utensils, cellphones, tablets, etc.
- Do **NOT do chores** for others. Cooking, laundry, and dishes should be done separately.

### **If someone in your household is sick**

- Appoint only **one healthy person** as the caregiver.
- **Wear a mask** when you are in the same room as or within 2 metres of the ill person
- When it is possible to use a separate room, deliver food, utensils, other objects to a chair at the bedroom door, step away before the ill person comes to collect.
- **Wear disposable gloves**. Do not touch face when collecting items from the ill person. **Wash hands and disinfect items** immediately after coming in contact with the ill person.
- Stay away from animals that were in contact with the ill person.
- **Self-monitor** for symptoms by checking your own temperature.

For basic recommendations and information, please refer to COVID-19 information memo:

- COVID-19 Basic Recommendations and Information
- Self-isolation - Access to Medical Professionals