



COVID-19 Self-isolation Guidelines When Diagnosed



COVID-19 SELF-ISOLATION GUIDELINES WHEN DIAGNOSED

For those diagnosed with COVID-19

Always follow the advice given to you by your health care provider and the local public health team. If you have questions, or begin to feel worse, contact your health care provider, dial 8-1-1 to speak to a nurse (available 24/7), or contact your local public health unit. For the most up to date information about COVID-19 in BC, please visit www.bccdc.ca/covid19.

Self-isolation means:

Staying at home (or other similar place) where you can avoid contact with people and will minimize the risk of spreading COVID to others. Self-isolation can last up to 14 days, as this is how long it can take for someone else to develop symptoms after close contact with someone with COVID-19.

Note: You may be asymptomatic - you **MUST** isolate according to protocols regardless of how 'well' you feel.

The Deal: For the First 10 Days

DO isolate in your home (or room).



Do not leave home while you are infectious. If you live with others (who are not also self-isolating), consider whether they can stay somewhere else temporarily. If not, isolate in a separate room away from them, and use a separate bathroom (if possible).

DO NOT come into close contact with others



Do not go to work or enter public spaces (i.e. places of worship, grocery stores, malls, restaurants, schools). Do not use public transportation, taxis or rideshares. If you live with others, have them drop off meals at the door. Ensure good airflow (e.g. open windows or doors to allow air to circulate) in any common areas.



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DO NOT have visitors

Food, medication and/or other supplies can be dropped off outside the home (or your door) by friends, family or delivery people. Stay in touch with others through technology.



DO NOT have any contact with vulnerable people

Be especially careful not to avoid contact with seniors, those with weak immune systems and those with chronic health condition (i.e. diabetes, lung problems, heart disease).



DO stay in touch virtually

Maintain social connections by reaching out to family and friends through phone or video chats.

Deal #2: In the Event You Cannot Avoid Contact



DO keep physical distance

Stay at least 2 metres (6 feet) away from others.



DO wear a mask

Make sure the mask covers your nose and mouth. If you are unable to wear a mask, make sure others take precautions (i.e. wear a mask that covers their mouth and nose, wear eye protection, wash their hands after the exposure)



DO call ahead if leaving home to seek medical attention

Let the medical facility know that you are coming, and that you have COVID-19 symptoms. Wear a medical/surgical mask when you leave home.



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Deal #3: Use Respiratory Etiquette

DO cover coughs and sneezes



Use a tissue or your elbow (or upper sleeve) to cover coughs and sneezes; do not use your hands. **Immediately throw any used tissue into a lined trashcan**, and wash your hands thoroughly.

Deal #4: Perform Proper Hand Hygiene

DO wash your hands often



Use soap and water to wash your hands for 20 seconds. If this is not an option, sanitize hands with an alcohol-based hand sanitizer that contains at least **60% alcohol**, has a Natural Product Number (NPN) or Drug Identification Number (DIN), and/or is otherwise approved by Health Canada.

DO use hand sanitizer, when washing is not an option



Use an alcohol-based hand sanitizer that contains at least 60% alcohol, has a Natural Product Number (NPN) or Drug Identification Number (DIN), or is otherwise approved by Health Canada.

Deal #4: Clean and disinfect often

DO clean and disinfect surfaces



Clean hard surfaces to remove dirt or grime, and then follow with a step to disinfect. High-touch surfaces (i.e. door knobs, switches, remotes) should be disinfected twice a day. Use disinfectant or a freshly prepared bleach solution (i.e. 20 ml bleach per 1L of water). Leave surfaces wet for 1 minute.



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DO disinfect hand-held electronic devices

Unless otherwise indicated by the manufacturer, disinfect high touch-electronics with 70% alcohol.



DO line trash cans

This reduces the chance of spreading the virus during garbage disposal. Tie up the bag before throwing out with the rest of the household garbage.



DO put the lid down before flushing

This can help prevent viral particles from spreading through the air. Wash your hands with soap and water immediately.



DO NOT share personal items

Avoid sharing items such as towels, unwashed utensils and cups, thermometers, cigarettes, or electronic devices that could potentially spread the virus.

End Self-isolation when appropriate

You can stop self-isolating when all of the following statements are true:



At least **10 days** have passed since you first showed symptoms



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You no longer have a fever

This criteria must be met without the use fever-reducing medications such as Tylenol or ibuprofen.



You feel better

This means that symptoms such as cough, sore throat, runny nose etc. have dissipated. Coughing can last several weeks after illness, so you are not required to continue isolating until this symptom resolves. If any ongoing symptoms are related to seasonal allergies, you are not required to continue self-isolating.