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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

COVID-19 ISOLATION

You need to **isolate** for at least 14 days if you:

- Have been told by public health that you may have been exposed and need to isolate.
- Had close contact with someone who has or is suspected to have COVID-19.
- Have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19.
- Have any symptom of COVID-19, even if mild.

THIS MEANS:

- Go directly home; avoid work, school or other public areas.
- Practice physical distancing with the people you live with and keep at least 2 meters between yourself and the other person.
- Make plans to have groceries and other supplies such as prescriptions delivered.
- Do not have *any* visitors to your home.
- Do not use taxi services.
- Remain in your home or on your property during isolation.
- Monitor symptoms, particularly fever and respiratory symptoms such as coughing or difficulty breathing.
- Avoid sharing unwashed dishes.
- Clean surfaces regularly.
- Wash your hands often with soap and water for at least 20 seconds.
- Use a separate bedroom and bathroom, if possible.

If a separate bedroom is not possible:

- Ensure that shared spaces are well ventilated (e.g. windows open, as weather permits).
- Hang a sheet from the ceiling to separate the isolated person from others.
- Maintain at least 2 metres distance from others (e.g. sleep head-to-toe).

THINGS TO DO WHILE ISOLATING:

- Ask a family member to help with essential errands.
- Exercise at home.
- Use technology, such as video calls, to keep in touch with family and friends.
- Work from home.
- On your own property only: go outside on your balcony or deck, walk in your yard, or get creative with outdoor exercises in your yard.
- Complete puzzles, sew, make jewelry, draw or practice mindfulness.
- Try to eat healthy meals and get plenty of sleep.

People with COVID-19 do not always recognize their early symptoms. Even if you do not have symptoms now, it may be possible to transmit COVID-19 before you start showing symptoms.

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION, VISIT:

https://gov.nu.ca/health/information/covid-19-novel-coronavirus

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