

# **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.
- Have 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. If public health has been in contact with your family after receiving a positive COVID-19 test, expect to have an individual home isolation plan given to your household. This plan may extend longer than 14 days for those in the home who do not test positive.
- Have any symptom of COVID-19, even if mild. Mild symptoms for COVID-19 include: (but are not limited to): headache, diarrhea, runny nose, loss of smell and/or taste.

## If you have been told you need to isolate, 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