



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



How to isolate

For those who have COVID-19 or respiratory symptoms

April 15, 2020

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider, 8-1-1, your local public health unit, or complete the COVID-19 Symptom Self-Assessment tool by visiting covid19.thrive.health.

Stay home for at least 10 days after onset of symptoms

- Do not go to work, school, or public areas including places of worship, stores, shopping malls and restaurants.
- Do not use public transportation, taxis or rideshares.
- If leaving your home for medical care, call ahead and tell the medical facility that you are coming in so they can prepare for you.



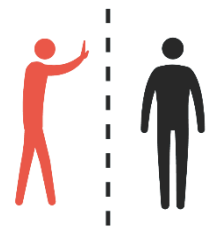
Do not have visitors to your home

- It is okay for friends, family or delivery drivers to drop off food or other necessities, but try to have them drop off deliveries outside your home.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, heart disease or weakened immune system).



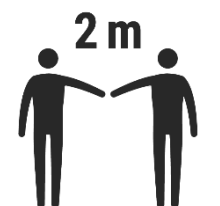
Avoid contact with others at home

- Stay and sleep in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).



Keep distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Wash your hands after emptying the wastebasket.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear a mask over your nose and mouth

- Wear a mask (surgical or procedure mask) if you must leave your house to see a health care provider.
- Wear a mask when you are with other people.



Recovery and ending isolation

You are required to stay home and isolate for a minimum of 10 days from the onset of any symptoms. You may return to your regular activities if:

- *At least 10 days have passed since the start of your symptoms, AND*
- *Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, ibuprofen), AND*
- *You are feeling better (e.g. improvement in cough, runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).*
- Coughing may persist for several weeks, so coughing alone does not require you to continue to isolate. If you are experiencing your usual symptoms of seasonal allergies, you do not need to self-isolate.
- Sometimes people with COVID have mild illness, but their symptoms may suddenly worsen in a few days. If your symptoms worsen or you become short of breath, call your family physician or nurse practitioner for immediate medical attention. If you are unable to reach your regular care provider, seek care in a COVID-19 Assessment and Treatment Centre, Urgent & Primary Care Centre (UPCC) or Emergency Department.

Contact your local Public Health unit

Visit immunizebc.ca/finder to locate your nearest public health unit

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

Learn more at bccdc.ca/covid19

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Guide for caregivers and household members of those with COVID-19 ('close contacts')

April 3, 2020

If you are caring for or living with someone who has COVID-19 or respiratory symptoms, you are considered a 'close contact.' You will be given special instructions about how to monitor your own health, what to do if you start to feel sick and who to contact. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear mask and gloves

- Wear a mask (surgical/procedure mask) and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces) and when providing direct contact care.



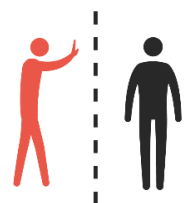
Dispose of gloves and mask after use

- Take off the gloves first without touching the outside of the gloves, and wash your hands with soap and water before taking off your mask.
- After taking off your mask, wash your hands again with soap and water before touching your face or doing anything else.
- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.



Do not have visitors to your home

- It is okay for friends, family or delivery drivers to drop off food or other necessities, but have them drop off deliveries outside your home.
- Keep older adults and people with chronic medical conditions (e.g. diabetes, lung problems, heart disease or weakened immune system) away from the infected person.



Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is sick.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes or other items that are put in the mouth.



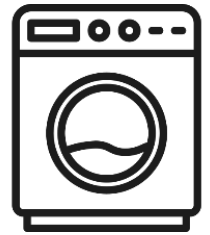
Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.
- Use store bought disinfectant. If not available use diluted bleach solution, one part bleach to 50 parts water, and allow the surface to remain wet for 1 minute.



Wash laundry thoroughly

- Contaminated laundry should be placed in a laundry basket with a plastic liner.
- Wear gloves and mask when handling.
- Wash with regular laundry soap and hot water (60-90°C)
- Clean your hands with soap and water immediately after removing your gloves.



Be careful when touching waste

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.



Contact your local Public Health unit

Visit immunizebc.ca/finder to locate your nearest public health unit

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First Nations Health Authority
Health through wellness

Prevent Coronavirus (COVID-19)



**PLEASE DO NOT
ENTER OUR HOME FOR
THE PROTECTION OF THE
PEOPLE WHO LIVE HERE**

IF YOU ARE EXPERIENCING:

**Cough • Fever • Respiratory symptoms
Or believe you may have been exposed to
COVID-19 or any other type of
respiratory illness**

**If you have any questions,
call a health care provider
or 8-1-1**

For more information and resources, visit www.fnha.ca/coronavirus
COVID-19 Symptom Self-Assessment Tool here: covid19.thrive.health