

## SELF-ISOLATION and LIVING WITH OTHERS WHO ARE INFECTED

### **What is self-isolation?**

Self-isolation means staying at home and not going to work or school. It also means monitoring yourself for symptoms for 14 days.

### **I am infected and I live with other people. How do I self-isolate?**

Stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can.

Wear a facemask (surgical/procedure mask) if you are in the same room with anyone and avoid face-to-face contact. Do not share towels or face cloths. Friends and family can drop off food outside your room or home. If you live with an Elder or someone with a chronic health condition, it would be best if those people could stay in the home of other family or friends in the community.

### **What happens if someone in my community is infected?**

If someone in the community is infected, they must self-isolate. People who were in close contact with that person (i.e. people living in the same household) should also self-isolate for 14 days.

### **What happens if one person in my household is infected but no one else has symptoms?**

The whole household must self-isolate to prevent the spread of the virus to anyone outside of your household.

Also, self-isolate (stay at home and don't go to work or school) for 14 days if:

- you are infected or think you may be
- you have been in close contact with someone who is now infected
- someone in your household is infected
- you have recently returned from travel outside of Canada, including the U.S.

### **What are the next steps if I am infected or think that I may be infected or if I've been around someone who is infected?**

- Ensure that you self-isolate immediately and avoid contact with others. This means staying away from others as much as possible.
- Wash your hands or use alcohol-based sanitizer frequently.
- Use good hygiene practices such as coughing or sneezing into a disposable tissue or into your elbow.
- Clean high-touch areas such as toilets, bedside tables and door handles with diluted bleach (one-part bleach to nine parts water) or a household disinfectant.
- Take the Self-Assessment test online at <https://bc.thrive.health>
- If you are experiencing symptoms such as coughing, sneezing, fever, sore throat and difficulty breathing, contact your healthcare provider or call 1-844-645-7811 (NH COVID-19 Online Clinic and Info Line) or 8-1-1 for guidance. If your symptoms are severe, such as shortness of breath or chest pain, call 9-1-1 or go to the nearest Emergency Department.