

# COVID-19

## How to Self-isolate



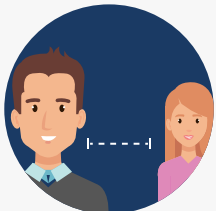
### Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.



### Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems and immune deficiency).



### Keep distance

- If you are in a room with other people, keep a distance of at least two metres.
- Consider virtual connections such as telephone and video calls as a way to keep connected.



### Monitor for symptoms

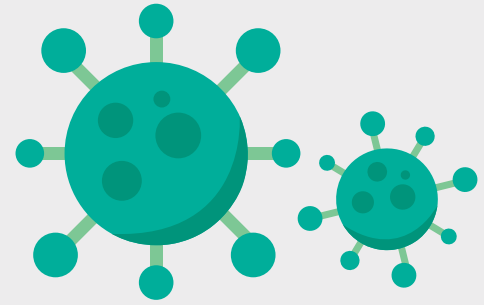
- For **14 days** after international travel/exposure to a probable or confirmed COVID-19 case.

● **Fever**   ● **Cough**   ● **Difficulty Breathing**



### If you develop symptoms

- 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 or your local public health unit
- If you need to seek medical attention, call the clinic or hospital prior to arrival to let them know you are coming



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### 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.
- After emptying the wastebasket wash your hands.



### 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.



### Cover your nose and mouth

If you are symptomatic and a mask is available:

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people.

**Public Health Agency of Canada Self-Assessment tool**

<https://ca.thrive.health/COVID-19/en>

**Learn about the virus:**

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

<https://ca.thrive.health/COVID-19/en>