

# Siksika Health Services

## Self-Isolation Preparation Guide



***It is important to have a plan for your family if anyone becomes sick. Take precautions with this guide.***

- ✓ Discuss individual, and household needs in case self-isolation is required.
- ✓ Plan ways to practically care for those vulnerable family members (elders, babies, people with chronic disease, etc) who might be at greater risk for serious complications.
- ✓ Have a family member check in with Elders on a consistent basis to ensure that they are well and that they have the supplies that they require.
- ✓ Plan for friends or family drop off food or other things you may need.
- ✓ Create a resource contact list including emergency numbers, and have the basic necessities to be self-sufficient for at least 48 hours.
- ✓ Choose a room in your home that can be used for sick household members if necessary. Clean these rooms and bathroom regularly. Wash your hands regularly with antibacterial soap.