



## **COVID-19 ISOLATION INFORMATION**

**Self-isolating helps prevent the spread of COVID-19 by reducing the number of people you could infect if you become sick. COVID-19 can take up to 14 days after being exposed for a person to become infectious or experience symptoms. By staying home, you are showing your family and friends that you care for them.**

### **How to safely isolate at home:**

- Choose a room in your house that sick family members can use.**
- Sick individuals should wear a non-medical mask and try to maintain at least 2 metres of distance from others when in the same room.**
- Ensure regular cleaning and disinfection of any commonly touched surfaces, including the bathroom if it is shared.**
- Plan for friends or family to drop off food or other things you may need and have the basic necessities to be self sufficient for at least 72 hours.**
- Don't share household items like dishes, drinking glasses, cups, eating utensils, towels and pillows.**
- Wash your hands often with soap and water thoroughly for at least 20 seconds.**
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze.**

# DO

## GUIDE TO HOME ISOLATION DURING COVID-19

# DON'T

STAY HOME AND



AVOID PUBLIC PLACES

SICK PEOPLE ISOLATE FROM



OTHERS IN THE HOME

SICK PEOPLE USE THEIR OWN



BATHROOM

WHEN POSSIBLE



WASH YOUR HANDS OFTEN

CALL AHEAD BEFORE VISITING THE DOCTOR



WEAR A MASK AROUND OTHER PEOPLE



COVER COUGHS AND SNEEZES



STAY IN TOUCH WITH THE PUBLIC HEALTH TEAM, THEY WILL INFORM YOU WHEN ISOLATION IS LIFTED



DON'T LET IN ANY



NON-ESSENTIAL VISITORS



DON'T SHARE SPACES WITH HOUSEMATES, IF POSSIBLE

DON'T SHARE DISHES, UTENSILS, CUPS, TOWELS, OR BEDDING

