Information about the Novel Coronavirus (COVID-19) for patients being tested and/or cared for in the community

Your doctor has determined that you can safely be cared for at home. To prevent the spread of contagious respiratory illnesses including novel coronavirus, we advise that you **self-isolate at home until your test results are complete.**

**Your test results will be available within 7 days.** You may call the BC Centre for Disease Control Results Hotline for your test results at 1-833-707-2792 (Monday to Friday, 8:30am to 4:30pm)

**Instructions for Self-Isolation**

1. **Stay home except to get urgent medical care** – Do not go to work, school, or public areas (e.g. places of worship, stores, shopping malls, and restaurants). Cancel non-urgent appointments. Do not use public transportation including buses, taxis, or ride sharing. Your doctor may provide you with a note excusing you from work or school.

2. **Wear a face mask** – Wear a face mask when you are in the same room with other people and when you visit a health care facility. If your mask gets wet or dirty, change it.
   
   **Please note:** A face mask refers to a surgical/procedure mask. N95 respirator masks are not required by the patient or household contacts.

3. **Separate yourself from other people in your home** – Stay and sleep in a well-ventilated room separate from other people. Use a separate bathroom if available. Use a face mask in shared spaces. Household members should stay in another home or place of residence if possible, especially if they have compromised immune systems or chronic health conditions. Restrict visitors. However, it is ok to have friends/family drop off food or you can use delivery/pick up services for errands such as grocery shopping.

4. **Do not prepare food for others in your household**

5. **Avoid sharing household items** - Do not share dishes, cups, eating utensils, towels, bedding, or other items with people in your home. After using these items, wash them thoroughly with soap and water.

6. **Cover your coughs and sneezes** – Cover your mouth and nose with a tissue when you cough/sneeze, or cough/sneeze into your sleeve instead of your hand. Throw used tissues into a lined trash can in your room before disposal with other household waste. Immediately wash your hands.

7. **Wash your hands** – Wash your hands often and thoroughly with soap and water for at least 20 seconds. Use disposable paper towels when possible. For more information on handwashing see **https://www.healthlinkbc.ca/healthlinkbc-files/hand-washing**. If soap and water are not available, use alcohol-based sanitizer; however, always wash your hands with soap and water after using the toilet. Avoid touching your eyes, nose, and mouth with unwashed hands.

8. **Flush toilet with the lid down** – the virus may also be present in stool.

9. **Clean and disinfect frequently touched surfaces** – Clean and disinfect frequently touched surfaces (e.g. counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables) once per day with regular household disinfectant containing 1 part bleach to 9 parts water.

10. **Notify health care facilities before you visit** – Call ahead before visiting a health-care facility, and advise them that you have or are being tested for novel coronavirus. Remind health-care providers when you arrive. This will help health-care facilities to take steps to keep other people from becoming infected.

11. **Monitor your symptoms** – Seek medical attention if you have trouble breathing, are unable to tolerate fluids, or if your illness is worsening. Notify health care facilities and health care providers (e.g. emergency departments, ambulance paramedics, doctors’ offices) before you visit.