

### How Long Should I Self-Isolate For?



If you are in self-isolation due to symptoms of COVID-19 (cough, fever, sore throat, runny nose, fatigue, etc.) isolation should be a **minimum of 10 days from the onset of symptoms**.

### STAY AT HOME:

- Do not go to work, school, or public areas including places of worship, stores, shopping malls.
- Do not use public transportation, taxis or rideshares.
- Do not have visitors in your home.
- Avoid contact with others at home:
  - Stay and sleep in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
  - Do not prepare food for others in your household.
  - Make sure that shared rooms have good airflow (e.g. open windows).
  - Wash your hands often and thoroughly with soap and water for at least 20 seconds
  - 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.
- If you are in a room with other people, keep a distance of at least two metres/6 feet and wear a mask that covers your nose and mouth.

### AFTER 10 DAYS FROM THE ONSET OF SYMPTOMS:

You may transition from self-isolation to physical distancing IF you've had **NO fever for 72 hours, and your symptoms have improved**. Coughing may persist for several weeks and does not mean the individual is infectious and must self-isolate.

### Prescription Fills and Refills



Do NOT go to the pharmacy yourself to pick up prescriptions, even if you were given a prescription at the hospital or clinic.

### SOLUTIONS:

- Multiple pharmacies are offering free deliveries of medications.
- Call your regular pharmacy to ask about home delivery.
- Ask a family member, friend, or neighbour to pick up your prescription and deliver to your doorstep.



### Groceries

Do NOT leave your home to get groceries. Even if you are wearing a face mask and keeping your distance from others, you would be putting others at risk by leaving your home.

### SOLUTIONS:

- Multiple grocery stores are offering home delivery in your community. Instruct them to leave groceries on your doorstep.



## Caring for an Infant/Child

Please follow the self-isolation guidelines as closely as possible to avoid spreading the virus to your infant/child.

### RECOMMENDATIONS:

- Wash your hands frequently with soap and water for greater than 20 seconds:
  - AFTER eating, coughing/sneezing, using the washroom, or touching your face.
  - BEFORE cooking, feeding or touching your infant/child.
- Wear a face mask in the presence of your infant/child, especially while breastfeeding.



## Breastfeeding

There is currently no recommendation to stop breastfeeding. Breast milk is the best source of nutrition for most infants, however much is unknown about COVID-19.

### RECOMMENDATIONS:

- Whether to continue breastfeeding or not should be determined by the mother in consultation with her family and health care providers.



## Need Medical Attention or Wish to Speak to a Doctor?

If you have medical questions or concerns and are well enough to stay home?

If you have a family doctor: Most family doctors are offering virtual appointments allowing you to stay at home in isolation. Call your family doctor.

If you do not have a family doctor: Call 8-1-1, or many walk-in clinics are offering virtual appointments, please call in advance to your local walk in clinic.

Please visit [www.MediMap.ca](http://www.MediMap.ca) and search by location to locate a walk-in clinic nearest you.



## Were you Tested for COVID-19 and wondering about your Results?

If you were tested for COVID-19, are at home and waiting for you results please follow the self isolation guidelines above (on page 1) until you receive your test results. If your test results are positive, public health staff will contact you. You may also access your test results by calling the BC Centre for Disease Control COVID-19 results hotline 7 days a week from **8:30am-4:30pm** at **1-833-707-2792**.



**For severe symptoms** (shortness of breath, difficulty breathing or chest pain) please go to the emergency department, or call 911. Let the health care providers know by phone or on arrival that you are self-isolating due to risk of COVID-19.



## More Information

The best source of information for residents in BC is the BC Centre of Disease Control website. Visit [www.bccdc.ca](http://www.bccdc.ca) for more information.