CK Public Health Guide to

Self-Isolate at Home







Helpful information about how to safely self-isolate at home during the COVID-19 outbreak.









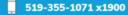
If you have been told to self-isolate by a healthcare professional, do not go out in the community.



Stay home and avoid:

- going to work, school, or other public places
- using public transit, taxis, or rideshares
- hanging out with friends or family
- going to the store
- going through a drive-through
- stopping at a gas station

Have a family member or friend get groceries and supplies for you, or use a delivery service. Go to letstalkfood-ck.com or call 211 for available meal and grocery delivery services.









Avoid contact with others:

- When possible, stay in a separate room or space away from where others spend time.
- Sleep alone if you can.
- Use a separate bathroom if there is one.
- Make sure any shared spaces in the home have good airflow (e.g., open windows).
- Avoid sharing toothbrushes, cutlery, dishes, drinks, towels, bed linens, etc.
- If it is not possible to be in a separate room, keep at least 2 metres of space between the person who is self-isolating and others in the home at all times.
 2 metres is about the length of a mattress.
- Limit visitors coming into the home.















Personal Care and Health Hygiene



Wash your hands often with soap and water for 20 seconds.

Do not share towels with others.

If soap and water are not available, use hand sanitizer with 70% alcohol content.



Cover coughs and sneezes with your elbow and wash or sanitize hands after.



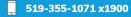
Keep hands away from your face.



If you are not able to stay in a separate space from others, you can wear a mask or face covering over your nose and mouth.

Avoid touching the mask/covering or your face while wearing it.

Wash your hands before putting the mask/covering on and after taking it off.



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Cleaning and Disinfecting

Clean surfaces that are touched a lot, such as counters, toilets, sinks and tap handles, tables, doorknobs, light switches, remotes, phones, and bedside tables.











Use a diluted bleach solution (2 teaspoons of bleach to 4 cups of water) or other household disinfectant with a drug identification number or DIN.







Wear disposal gloves while cleaning if possible and wash hands after.



















Care for other Household Items



Dishes and eating utensils

Clean with dish soap and hot water after each use.
Or use a dishwasher with a drying cycle.
Do not share with others in the home.



Laundry

Clean clothes, towels, and bedding with regular laundry soap and water.



Avoid shaking any laundry before it is washed. Laundry for someone who is self-isolating does not need to be separated from other household laundry.



Waste

Throw used tissues in a lined waste bin. Wash hands after using tissues.

All waste can be bagged in a regular plastic bag and thrown out with regular household waste.

Always wash or sanitize hands after cleaning dishes, laundry, or waste for someone who is self-isolating.



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