

# COVID-19 (coronavirus)



## How to isolate at home

Self-isolation can help prevent the spread of infections, such as novel coronavirus (COVID-19). When you are exposed to an illness, there is a time between the exposure and when you start to feel sick. This is known as the incubation period.

There is a very small chance that you can spread the germs during this time, in the few days before a sickness starts. More importantly, staying home means that if you do start to feel sick, you won't run the risk of this happening while you are in a public place. Self-isolation is a cautious action used to lower the chance that the virus could spread to others.

### Call 811 if you are experiencing symptoms



Fever



Cough



Difficulty Breathing

### How to protect yourself and others



Wash hands often



Elbow cough/sneeze



Avoid touching, eyes, nose mouth with hands



Cough in tissues and throw them away



Stay home if you are sick



Avoid contact with sick person

### Limit contact with others

- Do not leave home unless absolutely necessary, such as to seek medical care.
- Do not go to school, work, other public areas or use public transportation (e.g., buses, taxis).
- Arrange to have groceries and supplies dropped off at your door to minimize contact.
- Stay in a separate room and use a separate bathroom from others in your home, if possible.
- If you have to be in contact with others, keep at least 2 metres between yourself and the other person. Keep interactions brief and wear a mask.
- Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.
- Avoid contact with pets if you live with other people that may also be touching the pet.

### Keep your hands clean

- Wash your hands often with soap and water for at least 20 seconds, and dry with disposable paper towels or dry reusable towel, replacing it when it becomes wet.
- You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Cough or sneeze into the bend of your arm or into a tissue.

# How to isolate at home

### Avoid contaminating common items and surfaces

- At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Use regular household disinfectants or diluted bleach (1 part bleach and 9 parts water) to disinfect.
- Place contaminated items that cannot be cleaned in a lined container, secure the contents and dispose of them with other household waste.
- Put the lid of the toilet down before flushing.

### Care for yourself

- Monitor your symptoms and if you become ill with cough, fever or other respiratory symptoms call 811 for assessment for testing.
- If you have been in contact with 811 but later your symptoms worsen call 811 again for further screening. If your symptoms become serious and you need medical attention call 911.
- Get some rest, eat a balanced diet and stay in touch with others through communication devices.

### Being prepared

At this time, PHAC has assessed the public health risk associated with COVID-19 as low for the general population in Canada but this could change rapidly. There is an increased risk of more severe outcomes for Canadians:

- aged 65 and over
- with compromised immune systems
- with underlying medical conditions

**These are the most important ways that you can protect yourself and your family from respiratory illness, including COVID-19.**

- Make a plan
- Fill your prescriptions
- Stock up on essentials but avoid panic buying
- How to care for those who are ill
- Get reliable information
- Communicate with family, friends and neighbours

**Check credible sources for information like [www.princeedwardisland.ca/covid19](http://www.princeedwardisland.ca/covid19)**

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**Questions? 1-800-958-6400**

