Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu. Here is what you need to do.

**SELF-ISOLATION**
- If you have returned from outside of Prince Edward Island on or after March 21st
- If you have returned from international travel on or after March 8
- If you have COVID-19 symptoms
  - Stay at home. Don’t go to work, school, or use public transportation or taxis
  - If only one person is self-isolating in your home, maintain social distancing at all times, ensure enhanced cleaning on all shared spaces and where possible, designate a separate bathroom and bedroom for them.
  - If that is not possible, the whole household must self-isolate.
  - Don’t go out to buy food or medicine. Order by phone or online, and ask someone else to drop packages off at your home or use a deliver service.
  - Go outside to get fresh air only, but stay on the property/premises where you live.
  - Stay two metres (six feet) apart from those in your home who are not self-isolating.
  - Do not share things such as towels and utensils.
  - Sleep alone if you can.
  - Make sure to clean all shared spaces after use.
  - Be particularly careful around those who are over 70, pregnant, or who have an underlying health condition.
  - Avoid having any visitors in your home. Ask them to leave any deliveries at your doorstep.

You should also make sure that you and any household members are washing your hands regularly and taking extra care of your hygiene.

**SOCIAL DISTANCING**
Everyone, at all times
- Make sure that you stay more than two metres (6 feet) from other people
- Go to essential public areas, such as grocery stores, gas stations, etc. One person per family should be designated for these tasks.
- Go outside for a walk.
- Avoid non-essential use of public transport. Vary your travel times to avoid rush hour, when possible.
- Work from home, where possible. Your employer should support you to do this.
- Avoid gatherings with friends and family.
- Keep in touch using remote technology such as phone, internet, and social media.
- Use online or telephone services to contact your physician or other essential services.

If you are a client of home care services or require the support of family members for personal care, please ensure there is increased attention to personal hygiene, with hand hygiene being carried out more frequently.

PrinceEdwardIsland.ca/COVID19

COVID-19
PEI Information Line 1-833-533-9333