

Preventing the Spread of Novel Coronavirus in the Home and Community

Isolate and communicate

- Stay home. Advise your employer, cancel unnecessary appointments and do not gather with friends. Do not use public transportation or taxis. Do not go to work, school or other public places.
- Make sure you have an adequate supply of food, medications, and other necessities at home; if you are concerned about your supplies, please contact your local public health unit.
- Check in with your public health unit.
- If possible, make alternative care or living arrangements for other household members. Unnecessary

At home:

- Stay at least 2 metres away from others as able.
- Avoid sharing personal items (toothbrush, utensils).
- Sleep in a separate room.
- Use a separate bathroom.
- Use paper towels or your own dedicated towel to dry your hands.
- Use a mask if you are unable to be separated from others or if you are receiving care.
- Keep the rooms in your home well-ventilated if possible (window open).
- Clean high touch areas daily and if visibly dirty (toilets, taps, doorknobs, bedside tables).
- Wear a mask if you are receiving care (someone is helping you with bathing, toileting, dressing, feeding, taking medication or offering liquids).
- Your care providers should wear gloves, mask and eye protection.

Protect your health

- Wash your hands often with soap and water.
- Sneeze and cough into your sleeve.
- Avoid touching your eyes, nose or mouth.
- After using tissues, put them immediately into a covered and plastic lined garbage can.
- Wash your hands after coughing or using a tissue.

Monitor your health

- Check your temperature daily.
- Monitor for symptoms such as:
 - Cough
 - Runny nose
 - Shortness of breath
 - Chest pain
 - Fever

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Travel to medical appointments

- Advise your healthcare provider of symptoms and risks.
- Wear a mask.
- Only travel by private car, unless it is an emergency.
- In the case of an emergency, advise the 911 dispatcher of risks and symptoms.

What to do if symptoms get worse

- Contact your healthcare provider or public health unit.
- Follow instructions provided.

If you live with, or care for, someone who is in isolation

Protect Yourself:

- Leave at least 2 metres between yourself and the ill person when possible.
- Avoid sharing personal items (toothbrush, utensils).
- Sleep in a separate room.
- Use a separate bathroom.
- Use separate linens and towels.
- Keep rooms well-ventilated if possible (window open).
- Clean high touch areas daily and if visibly dirty (toilets, taps, doorknobs, bedside tables).
- Wear gloves, mask and eye protection when helping with bathing, toileting, dressing, feeding, taking medication or offering liquids.
- Remove gloves right after you provide care and dispose of them in the wastebasket. Wash your hands after removing gloves and before taking off mask. Repeat hand washing after removing mask.
- Wash your hands often.

Monitor:

- Check your temperature daily.
- Monitor for symptoms such as;
 - Cough
 - Runny nose
 - Shortness of breath
 - Chest pain
 - Fever
- Notify your healthcare provider and public health nurse right away if you develop symptoms.
- Contact your public health unit if you have any questions or concerns.