

CORONAVIRUS DISEASE (COVID-19): HOW TO QUARANTINE (SELF-ISOLATE) AT HOME WHEN YOU MAY HAVE BEEN EXPOSED AND HAVE NO SYMPTOMS

People with COVID-19 do not always recognize their early symptoms. Even if you do not have symptoms now, it is possible to transmit COVID-19 before you start showing symptoms or without ever developing symptoms.

You need to quarantine (self-isolate) for 14 days if, you:

- ▶ are returning from travel **outside of Canada** (mandatory quarantine)*
- ▶ had close contact with someone who has or is suspected to have COVID-19
- ▶ have been told by public health that you may have been exposed and need to quarantine (self-isolate)

Quarantine (self-isolate) means that, **for 14 days** you need to:

- ▶ **stay at home** and monitor yourself for **symptoms**, even just one mild symptom
- ▶ **avoid contact with other people** to help prevent transmission of the virus prior to developing symptoms or at the earliest stage of illness
- ▶ **do your part to prevent the spread of disease** by practicing **physical distancing** in your home

If you start to develop symptoms within 14 days of your quarantine, you must:

- ▶ **isolate** yourself from others as soon as you notice your first symptom
- ▶ immediately call a health care professional or **public health authority** to discuss your symptoms and travel history, and follow their instructions carefully

You can also use the **online self-assessment tool** (if available in your province or territory) to determine if you need further assessment or testing for COVID-19.

Note: If you are living with a person who is isolated because they have or are suspected to have COVID-19, your self-isolation period may be extended beyond 14 days. Seek direction from your **public health authority**.

To quarantine (self-isolate), take the following measures:

LIMIT CONTACT WITH OTHERS

- ▶ Stay at home or the place you are staying in Canada (do not leave your property).
 - ▶ Only leave your home for medically necessary appointments (use private transportation for this purpose).
 - ▶ Do not go to school, work, other public areas or use public transportation (e.g., buses, taxis).
 - ▶ Do not have visitors.
 - ▶ Avoid contact with older adults, or those with medical conditions, who are at a higher risk of developing serious illness.
 - ▶ Avoid contact with others, especially those who have not travelled or been exposed to the virus.
- ▶ If contact cannot be avoided, take the following precautions:
 - keep at least 2 metres between yourself and the other person
 - keep interactions brief
 - stay in a separate room and use a separate bathroom, if possible
 - ▶ Some people may transmit COVID-19 even though they do not show any symptoms. Wearing a non-medical mask or facial covering (e.g., homemade cloth mask, dust mask, bandana) if close contact with others cannot be avoided, can help protect those around you.
 - ▶ Avoid contact with animals, as there have been several reports of people transmitting COVID-19 to their pets.



THINGS YOU CAN DO WHILE IN QUARANTINE (SELF-ISOLATION)

While keeping a physical distance of 2 metres from others, you can:

- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ ask family, a neighbour or friend to help with essential errands (e.g., picking up prescriptions, buying groceries)
- ▶ use food delivery services or online shopping
- ▶ exercise at home
- ▶ use technology, such as video calls, to keep in touch with family and friends through online dinners and games
- ▶ work from home
- ▶ on your own property only: go outside on your balcony or deck, walk in your yard or get creative by drawing chalk art or running back yard obstacle courses and games

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.

KEEP SURFACES CLEAN AND AVOID SHARING PERSONAL ITEMS

- ▶ At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- ▶ To disinfect, use only **approved hard-surface disinfectants** that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.

- ▶ When approved hard surface disinfectants are not available, for household disinfection, a diluted bleach solution can be prepared in accordance with the instructions on the label, or in a ratio of 5 millilitres (mL) of bleach per 250 mL of water OR 20 mL of bleach per litre of water. This ratio is based on bleach containing 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Follow instructions for **proper handling of household (chlorine) bleach**.
- ▶ If they can withstand the use of liquids for disinfection, high-touch electronic devices (e.g., keyboards, touch screens) may be disinfected with 70% alcohol at least daily.
- ▶ Do not share personal items with others, such as toothbrushes, towels, bed linen, non-medical masks, utensils or electronic devices.

MONITOR YOURSELF FOR SYMPTOMS

- ▶ Monitor yourself for symptoms, particularly fever and respiratory symptoms such as coughing or difficulty breathing.
- ▶ Take and record your temperature daily (or as directed by your **public health authority**) and avoid using fever-reducing medications (e.g. acetaminophen, ibuprofen) as much as possible. These medications could mask an early symptom of COVID-19.



WORK-RELATED TRAVEL FOR ESSENTIAL WORKERS

Certain persons who cross the border regularly to ensure the continued flow of goods and **essential services**, or individuals who receive or provide other essential services to Canadians, are exempt from needing to quarantine (self-isolate) due to travel outside of Canada, as long as they are asymptomatic (do not have symptoms of COVID-19).

They must:

- ▶ practise **physical (social) distancing**
- ▶ self-monitor for **symptoms** (if you develop a symptom, follow the instructions of your local **public health authority**)
- ▶ stay in your place of residence as much as possible.
- ▶ If you have been instructed by public health to quarantine for any other reason (for example, you have been in close contact with a case), inform your local public health authority of your status as an essential worker and follow their directions.
- ▶ We can all do our part in preventing the spread of COVID-19

SUPPLIES TO HAVE AT HOME WHEN IN QUARANTINE (SELF-ISOLATION)

- Non-medical **mask** or facial covering (e.g. homemade cloth mask, dust mask, bandana)
- Disposable paper towels
- Thermometer
- Running water
- Hand soap
- Alcohol-based sanitizer containing at least 60% alcohol
- Dish soap
- Regular laundry soap
- Regular household cleaning products
- Hard-surface disinfectant that has a Drug Identification Number (DIN), or if not available, concentrated (5%) liquid bleach and a separate container for dilution
- Appropriate cleaning products for high-touch electronics



* QUARANTINE ACT

The Government of Canada has implemented an Emergency Order under the Quarantine Act that requires persons entering Canada—whether by air, sea or land—to quarantine (self-isolate) themselves for 14 days if they are asymptomatic in order to limit the introduction and spread of COVID-19.

The 14-day period begins on the day the person enters Canada.

**WE CAN ALL DO OUR
PART IN PREVENTING THE
SPREAD OF COVID-19. FOR
MORE INFORMATION, VISIT**

Canada.ca/coronavirus
or contact
1-833-784-4397