



## Guidance on staying at home if confirmed or possible coronavirus (COVID-19) infection

This advice is intended for people with symptoms of coronavirus (COVID-19), including those with a diagnosis of coronavirus (COVID-19) infection, who must remain at home until they are well. These steps will help prevent the disease from spreading to people in your home and community.

Always follow any specific advice that you have received from your doctor. If you have questions or start to feel worse, contact your doctor or local health care provider.

### Stay at home:



People who are mildly ill with COVID-19 can isolate at home during their illness. You should restrict your activities outside the home except for getting medical care.

- Do not use public transportation, taxis or share a ride with others
- Do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.

### Limit the number of visitors to your home:



- Only have visitors you must see and keep visits short
- Keep away from older relatives and friends and those with chronic medical conditions such as diabetes, heart and lung disease and immune deficiency

### Limit contact with pets and animals:



- Limit contact with pets and animals. Get someone else to look after them while you are sick



### Avoid contact with others:



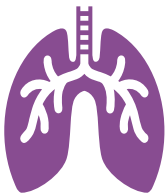
- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one
- Make sure that shared rooms have good airflow such as open windows
- Use your own toothbrushes, eating and drinking utensils (including cups and glasses in the bathroom and bedroom), dishes, towels, washcloths or bed linen. Do not share food and drinks.

### Keep your distance:



- If you are in a room with other people, keep a distance of at least 2 metres or 6 feet and wear a mask that covers your nose and mouth
- If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live with the person who is sick should not stay in the same room with them, or they should wear a facemask if they enter a room with the person who is sick.

### Cover your coughs and sneezes:



- Cover your mouth and nose with a tissue when you cough and sneeze
- Cough or sneeze into your upper sleeve or elbow, not your hand if you don't have a tissue
- Throw used tissues in a lined wastebasket, preferably with a lid, then wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer
- After emptying the wastebasket wash your hands

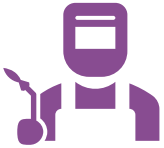
### Wash your hands:



- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Dry your own hands with a paper towel or with your own cloth towel that you do not share with others
- Use an alcohol-based hand sanitiser if soap and water are not available
- Avoid touching your eyes, nose, and mouth with unwashed hands.



## Wear a mask over your nose and mouth:



- Wear a mask if you must leave your house to visit your doctor
- Wear a mask when you are in 2 metres or 6 feet of other people

## Clean all "high touch" surfaces everyday:



- Practice routine cleaning of high touch surfaces.
- High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Disinfect areas with bodily fluids. Also, clean any surfaces that may have blood, stool, or body fluids on them.
- Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product

## Monitor your symptoms:



- **Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).**
- Before seeking care, call your doctor or healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
- Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.