

# How to Self-Isolate



You have been asked to isolate yourself because you have been diagnosed with COVID-19 or are waiting to hear the results of a lab test for COVID-19. Self-isolation means staying at home and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

For the time period given to you by Public Health or your health care provider, it is expected that you take the following measures:

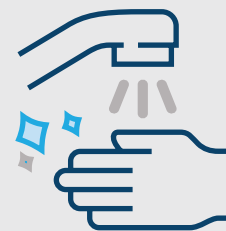
## Limit contact with others

- 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).
- Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.
- Stay in a separate room and use a separate bathroom if possible.
- Keep at least two meters between yourself and other people.
- Keep interactions brief and wear a mask.



## 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.
- Avoid touching your eyes, nose and mouth.
- Cough/sneeze into the band of your arm, not your hand, or into a tissue. Dispose of tissues in a lined waste container.



## Avoid contaminating common items and surfaces:

- Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- Put the lid of the toilet down before flushing.



## Monitor your symptoms daily:

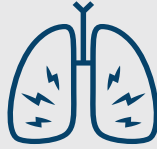
 Monitor your health and symptoms daily.



Fever above  
38 degrees  
Celsius



A new cough,  
or worsening  
chronic cough



Difficulty  
breathing



Runny  
nose



Sore throat



Headache



A new onset  
of fatigue



A new onset of  
muscle pain



Diarrhea




Loss of  
sense of  
taste



Loss of  
sense  
of smell






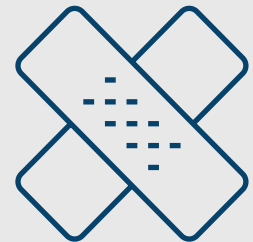
In children, purple  
markings on the  
fingers and toes

 Record your temperature daily.

 If you develop symptoms or your symptoms get worse,  
immediately contact Tele-care 811.

## Care for yourself:

-  Get some rest, eat a balanced diet and nutritious food, and stay hydrated with fluids like water.
-  Stay in touch with family and friends by phone or computer.
-  Make alternative work/study arrangements where possible.



**If you start having symptoms isolate yourself from others as quickly as possible.  
Immediately **CALL TELECARE-811**. Describe your symptoms and travel history.  
They will provide advice on what you should do.**

May 5th, 2020

For the latest information visit: [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus)