

# HOME ISOLATION

## while waiting for novel coronavirus (COVID-19) results



To prevent the spread of contagious respiratory illnesses including novel coronavirus, we advise that you self-isolate at home until your test results are complete.

To get your results, call:

**Coronavirus Hotline 1-833-707-2792**

(M-F 8:30 a.m.- 4:30 p.m.) Results usually available within 2 days

- If your results show you don't have the novel coronavirus, the nurse at the hotline will explain the next steps.
- If your results show you have the novel coronavirus, continue to self-isolate. Someone from Public Health will call you.

## HOW TO ISOLATE YOURSELF

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### Stay home

- Remain in your home except to get urgent medical care.
- Do not go to work, school, or public areas (e.g. places of worship, stores, shopping malls, and restaurants). Your doctor may provide you with a note excusing you from work or school.
- Cancel non-urgent appointments.
- Do not use public transportation or taxis.

### Notify health care facilities before you visit

- Call ahead before visiting a health care facility, and advise them that you have or are being tested for novel coronavirus.
- Remind health care providers when you arrive. This will help health care facilities to take steps to keep other people from becoming infected.

### Monitor your symptoms

- Seek medical attention if you have trouble breathing, are unable to drink fluids, or if your illness is getting worse.
- Notify health care facilities and health care providers (e.g. emergency departments, ambulance paramedics, doctor's offices) before you visit.

### Wear a face mask

- Wear a face mask when you visit a health care facility.
- If your mask gets wet or dirty, change it.
- Face masks are available at the entrance to health care buildings. N95 respirator masks are not required.

### Separate from household members

- If you have a mask, use it in shared spaces or maintain a two metre distance from household members.
- Stay and sleep in a well-ventilated room separate from other people.
- Use a separate bathroom if available.
- Household members should stay in another home or place of residence if possible, especially if they have compromised immune systems or chronic health conditions.
- Restrict visitors until you recover and confirm you are not infected with coronavirus.
- Avoid sharing household items such as dishes, cups, eating utensils, towels, bedding, or other items. After using these items, wash them thoroughly with soap and water.

### Maintain good hygiene

- Cover your mouth and nose with a tissue or into your sleeve when you cough or sneeze. Throw used tissues into a lined trash can in your room before disposal. Immediately wash your hands.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds. Use disposable paper towels when possible. For more information search for 'hand washing' at [healthlinkbc.ca](http://healthlinkbc.ca).
- Flush toilet with the lid down – the virus may also be present in stool.
- Clean and disinfect frequently touched surfaces once per day with regular household disinfectant containing one part bleach to nine parts water.