

Self-isolating at home after getting tested for COVID-19

Your health care provider has determined you can safely be cared for at home. To prevent the spread of contagious respiratory illnesses including novel coronavirus, you have been recommended to self-isolate at home until your test results are complete.

Do not stop self-isolating until you have been recommended to stop.

If you are caring for a child or family member who has been tested, please see handout 'Information about the novel coronavirus (COVID-19) for caregivers'.

How is COVID-19 spread?

- By liquid droplets that come out of the mouth and nose when a person with the virus breathes, coughs, sneezes, talks, or sings.
- By close personal contact, such as living with someone with COVID-19, sharing food, or by touching objects or surfaces with the virus on it and then touching your mouth, nose, or eyes before washing your hands (rarely, by contact with feces).
- The highest risk of transmission occurs in the "3-Cs" high-risk settings and situations: closed spaces with poor ventilation, crowded places where many people are gathered, and close contacts where you can't keep a 2 metre distance.

What does self-isolation mean?

- Self-isolation means avoiding situations where you could infect other people. This means all situations where you may come in contact with others, such as social/public gatherings, work, school, child care, athletic events, faith-based gatherings, grocery stores, and restaurants.

How do I self-isolate?

Stay home except to get urgent medical care

- Do not go to work, school, or public areas.
- Cancel non-urgent appointments.
- Do not use public transportation including buses or taxis.
- Do not have other persons come stay or visit you in your home.
- You may go outside (i.e. for a walk), in your immediate neighbourhood. Do not travel outside of walking distance i.e. drive to trail heads or to other communities for hikes. Maintain a 2 metre distance from other people and avoid busy areas.

Monitor your symptoms

- Call YCDC or your primary care provider if you develop any symptoms or if your illness is getting worse and they will help organize and plan for follow-up care. You will need to wear a mask when you visit a health care facility.
- If you need urgent care go the emergency room or call 911 and tell them you are being tested for COVID-19, as this will help health care facilities take steps to keep other people from getting sick.

How do I help prevent transmission in my home?

Where possible separate yourself from other people in your home

- Stay and sleep in a well-ventilated room, separate from other people.
- Use a designated bathroom if available. If not, ensure proper cleaning of surfaces between use.
- Avoid shared spaces. If unavoidable, wear a mask and maintain a 2 metre distance
 - Do not touch masks during use, and change if wet or dirty.
 - Discard masks directly into a garbage with a lid.
 - Perform hand hygiene immediately after mask disposal.
 - Non-medical masks should be three layered, with the middle layer being a filter type fabric such as non-woven polypropylene.
- People with compromised immune systems or chronic health conditions, should stay in another home or place of residence if possible.
- Restrict visitors. Do not allow other people to visit inside your home, and this includes “quick visits”. It’s ok to have people drop off items like groceries and medications outside your home.
- If you are unable to isolate within your home, please call the COVID-19 information line at 1-877-374-0425 or the Self-Isolation Facility Assistance team at 1-867-332-4587.

Avoid sharing household items

- Do not share dishes, cups, eating utensils, towels, bedding, or other items with people in your home. Wash these items thoroughly after each use with soap and water.

Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough/sneeze, or cough/sneeze into your sleeve instead of your hand. Throw used tissues into a lined trash can in your room before disposal with other household waste and immediately wash your hands.

Wash your hands often and thoroughly

- Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based sanitizer and use disposable paper towels when possible.
- Avoid touching face with unwashed hands.

Clean and disinfect touched surfaces frequently

- Clean and disinfect touched surfaces frequently (e.g. counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables) twice per day with regular household disinfectant containing 1 part bleach to 9 parts water. Flush toilet with lid down.

When will my result be available?

- Your test first arrives at Whitehorse General Hospital for processing before being flown to a testing laboratory in BC. If you live in rural Yukon, ask your provider when the test will be shipped.
- Your lab result is usually available 24-48 hours after your sample arrives in BC.
- Your result will be available online at <https://yukon.ca/test-results-covid-19>
 - Results are available in real time. You need to have a Yukon Health Care Card to access results using this service. It is very important to follow all the instructions for interpreting your result, including when to end self-isolation. If you do not have a health care card, are unable to access this service or need help interpreting your result:
 - call your local health centre or medical clinic if tested in a rural community
 - call YCDC at 667-8323 of your local health care provider if tested in Whitehorse