



## Information about the novel coronavirus (COVID-19) Self-isolating at home – 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.**

**You will be informed of your result as soon as it is available.**

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

### **What is novel coronavirus (COVID-19)?**

Novel coronaviruses are new strains of the virus, which had not been identified in humans before. The 2019 novel coronavirus, or COVID-19, is a new respiratory virus first identified in Wuhan, Hubei Province, China. Symptoms of COVID-19 can be mild or severe and can present differently for different people.

### **How is the COVID-19 spread?**

- in the air by coughing and sneezing;
- by close personal contact, such as living with someone with COVID-19, or by touching objects or surfaces with the virus on it and then touching your mouth, nose, or eyes before washing your hands;
- rarely, contact with feces.

### **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 gatherings, work, school, child care, athletic events, faith-based gatherings, healthcare facilities, grocery stores, restaurants, movie theatres, and all public gatherings.

### **How do I self-isolate?**

- **Stay home except to get urgent medical care**
  - Do not go to work, school, or public areas (e.g. places of worship, stores, and restaurants).
  - 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.
  - Your health care provider may provide you with a note excusing you from work or school if this is needed.

- You may go outside (ie 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
- **Monitor your symptoms**
  - Call us (see contact number below) if you develop any symptoms or if your illness is getting worse. We will help organize and plan for follow-up care. You will be asked to wear a face mask (surgical/procedure mask) when you visit a health care facility.
  - If you need urgent care go the emergency room or call 911.
    - 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 to 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 separate bathroom if available.
  - Wear a face mask in shared spaces, if need to be in the same space at same time as others and not able to maintain a 2m distance
    - Masks should not be touched or handled during use.
    - If a mask gets wet or dirty with fluid, it should be changed immediately.
    - Masks should be discarded directly into a garbage with a lid.
    - Hand hygiene should be performed immediately after mask disposal.
  - 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. (i.e. Do not allow other people to visit inside your home. This includes people who are visiting others who live in the household and will not be visiting directly with you. This includes any and all “quick visits”)
  - Please note: it is ok to have friends/family drop off food for errands such as grocery shopping.
- **Avoid sharing household items**
  - Do not share dishes, cups, eating utensils, towels, bedding, or other items with people in your home.
  - After using these items, wash them thoroughly 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.
  - Use disposable paper towels when possible.
  - If soap and water are not available, use alcohol-based sanitizer; however, always wash your hands with soap and water after using the toilet. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Flush toilet with the lid down**
  - the virus may also be present in stool.
- **Clean and disinfect frequently touched surfaces**
  - Clean and disinfect frequently touched surfaces (e.g. counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables) once per day with regular household disinfectant containing 1 part bleach to 9 parts water.
- If you are caring for a child or family member who has been tested, please see 'Information about the novel coronavirus (COVID -19) for caregivers'.

### **When will my results be available?**

- After your test arrives at Whitehorse General Hospital it is processed by special lab technicians and leaves Yukon in the early morning on a flight to Vancouver. If you live in rural Yukon, ask your provider about when this will arrive.
- Your sample arrives at BCCDC in the early afternoon and your lab result is usually available 24 to 48 hours after.
- If you do not receive a call with your result within 72 hours after the arrival in BC please contact:
  - If you were tested in rural Yukon
    - your local rural Primary Health Care Centre or
    - your local medical clinic
  - If you were tested in Whitehorse
    - YCDC at 667-8323