



Information for caregivers about self-isolation for COVID-19

Your health care provider has determined that your family member can safely be cared for at home. Your family member should **self-isolate at home** to prevent the possible spread of COVID-19. Sometimes caregivers may need to provide care to someone on home isolation, specifically children, elders, or people with complex medical conditions.

Considerations for children who are required to isolate

Young children are probably unable to wear a mask effectively or self-isolate, as they will need comfort and care from an adult. If your child is required to self-isolate you will need to consider how this will work within your household. It will vary with the child's age and development, as well as household dynamics. Ideally, a single adult should provide care to the child. Asymptomatic household members and caregivers are not required to isolate, regardless of vaccination status, even if the positive case is not isolating away from them. However, if the positive case is not isolating away from others, it does increase the risk that others in the household will get sick.

Some things to think about include:

- The age and development of the child. Younger children touch many surfaces and are less able to monitor coughing/sneezing/handwashing. Additionally, the needs of a 15 year old will likely be different from a younger child.
- Household dynamics. Transmission may occur in households if the positive case cannot isolate away from other household members. This could be if there is a single parent with multiple young children, or if it's impossible to prevent interaction between siblings. Consider things you can do to reduce risk and limit interaction between household members. For example, if a child has parents with a joint custody agreement, then the child could remain in the household where symptoms began.
- Whether the child is breastfeeding. Continue breastfeeding with safety measures in place, such as effective mask use for feeding parent.
- Please call your primary care provider if you have concerns about how to isolate effectively with children.
- If you do not have a primary care provider in the Yukon, please call YCDC at 667-8323 if you have concerns about how to self-isolate effectively with your children

How do I care for someone as safely as possible?

- When possible, people with underlying chronic health conditions or weakened immune systems should not care for or be in contact with the patient.

- Caregivers should limit their contact with other people as much as possible and monitor themselves for any signs of illness for 14 days from last close contact with the patient.
- Frequent hand hygiene is important for everyone.
- When direct contact (care that involves touching) or care within 2 meters is needed:
 - The patient should wear a mask, cough into sleeve, and frequently wash hands.
 - The caregiver should wear a mask and perform hand hygiene after contact.
 - The caregiver can consider, wearing eye protection if it is available.
 - Avoid direct contact with bodily fluids, particularly oral and respiratory secretions.
- Perform hand hygiene following all contact with body fluids
 - 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 face with unwashed hands.
 - Use disposable gloves to provide oral or respiratory care, and when handling stool, urine, and garbage/waste. All waste (i.e. tissues, wipes) can be safely disposed of through regular municipal garbage.
- Notes on mask use:
 - Masks should not be touched or handled during use.
 - If a mask gets wet or dirty, it should be changed immediately.
 - 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.

Other useful links

- Get your COVID-19 test result: <https://service.yukon.ca/forms/en/get-covid19-test-result>
- Find out what your COVID-19 result means: <https://yukon.ca/en/health-and-wellness/covid-19-information/your-health-covid-19/find-out-what-your-covid-19-test>
- Find out about getting a COVID-19 vaccine: <https://yukon.ca/en/this-is-our-shot>