



What to do if you have COVID-19 and are self-isolating in your home?

You are being given this handout because you have been diagnosed with COVID-19 and you are well enough to recover at home instead of in the hospital. You **must** self-isolate until you cannot pass COVID-19 on to anyone else.

You must stay home. DO NOT leave your home unless you need urgent or emergent medical care. There should be no visitors entering your home until the isolation period has ended.

While you are recovering at home you should monitor your temperature and how you are feeling.

Self-isolation can stop 10 days after symptom onset plus 24 hours without any symptoms.

If you start to feel worse, especially if you start to have trouble breathing, you should call Health Links Info Santé at 204-788-8200 or toll free at 1-888-315-9257. If you are very worried about your safety and call 911, it's important for you to tell them that you have COVID-19 so that the Emergency Responders can care for you safely.

ENVIRONMENT, CLEANING, AND LAUNDRY

If other people or pets live in your home it is important that you stay in your own room, use your own bathroom and stay at least 2 metres or 6 feet away from them. Cover your cough or sneeze with a mask, tissue, or the inside of your elbow, throw the tissue away and wash your hands or use an alcohol based hand rub right away.

If you must share a bathroom it is important surfaces that are touched a lot (toilet, water faucet and handle(s), door handles, light switches etc.) be disinfected every time you use the bathroom. Use a regular household cleaner or make your own disinfectant by mixing one part bleach to nine parts water. Be sure to follow the instructions for the cleaning product.

To keep everyone in the home safe, it is important personal items like toothbrushes, towels, bed linens, cigarettes, unwashed eating utensils, electronic devices etc. are not shared between you and anyone else.

Your garbage should be placed in a bin with a garbage bag and then that bag can be placed in the regular garbage.

Your laundry should be placed into a plastic bag or container with a plastic liner and not be shaken. The container should be disinfected after removing the laundry. If someone else is doing your laundry, they should wear a **cloth or procedure mask** when they are handling your laundry and they should wash their hands immediately after handling the laundry. Disposable **gloves** can be worn if available and they should wash their hands after removing the gloves. The laundry should be washed using regular laundry soap and hot water (60- 90°C) and be dried thoroughly. Your laundry can be washed with the rest of the laundry in the home.



PROTECTIVE EQUIPMENT

If you need to be within 2 metres or 6 feet of another person in the home, you and the other person should both wear a **cloth or procedure mask**. You should be in close contact for as short a time as possible. Masks can help lessen the risk of sharing COVID-19 with the people around you but this **does not** replace washing your hands and cleaning surfaces that you touch. Cloth masks should be washed after each use. Procedure masks should be thrown away when they are wet or dirty.

How to put on your protective equipment:

1. Wash your hands or use an alcohol based hand rub (at least 60% alcohol).
2. Put the mask on by covering your nose and pulling the bottom under your chin.

How to take off your protective equipment:

1. Wash your hands or use an alcohol based hand rub (at least 60% alcohol).
2. Remove mask by the ties or straps. Do not touch the front. Place cloth mask in laundry or throw away procedure mask.
3. Clean your hands again.

CLEANING YOUR HANDS

It's important for everyone to keep their hands clean. You can do this by washing your hands with liquid soap and water for at least 20 seconds or using an alcohol based hand rub (at least 60% alcohol). Washing your hands is the best way to keep them clean because the physical action of rubbing your hands together with liquid soap and water works to remove both dirt you can see and germs you can't see.

If you don't have liquid soap and water when you need to wash, you can use an alcohol based hand rub that contains at least 60% alcohol. Use enough to make sure all of your hands are covered (front and back and between your fingers and thumbs) and rub your hands together until they are dry.

You should clean your hands

- ✓ Before and after preparing food (you should not be preparing food for others)
- ✓ Before and after eating
- ✓ After using the toilet
- ✓ Before and after touching your eyes, nose, or mouth
- ✓ Before and after using a face mask
- ✓ After disposing of waste (like a tissue) or handling contaminated laundry
- ✓ And whenever hands look dirty or unsure if contaminated

Additional information is available in the factsheet, *What to do if you are positive for COVID-19 and in self-isolation?*, available at [What to do if you are positive for COVID-19 and in self-isolation? \(wrha.mb.ca\)](https://www.wrha.mb.ca/what-to-do-if-you-are-positive-for-covid-19-and-in-self-isolation/)