

# Quarantine Guidance for Households



## Stay at home

- Do not go to work, school or other public places
- Do not use public transportation for example taxis and buses
- Maintain contact with your doctor and keep them updated on any development of symptoms or worsening of existing symptoms
- Call your doctor or the A&E ahead of any visit



## Keep hands clean

- Wash your hands with soap and water (for example before cooking and eating or after using the restroom)
- Use hand sanitiser if water is not available (at least 60% alcohol based)



## Cover, contain, clean

- Cover cough or sneeze in a tissue or in a folded elbow
- Put used tissue in the trash and tie the bag when full
- Place the trash in a second bag and tie again
- Clean your hands with soap and water



## Avoid contact with others

- Absolutely no visitors are allowed (except for healthcare providers)
- Have contactless delivery of food, medication and other supplies
- Use a separate bathroom if possible
- Avoid contact with other members of the household and pets
- Stay in a separate room from other household members if possible
- If a room is shared, open the windows to encourage good airflow
- The front/back door may-be opened
- Don't share personal household items such as towels, cups, knives, forks



## Maintain distance

- Wear a mask when around other people in your household, if able
- Keep a distance of at least 3 ft



## Stay healthy

- Get plenty of rest
- Practice relaxation techniques (deep breath in for 4 seconds, hold for 4 seconds and breath out slowly)
- Eat healthy
- Exercise regularly
- Avoid drinking excessive alcohol, smoking and vaping



## What should I do if I develop symptoms?

- The most common symptoms of COVID-19 are reduced smell and taste, fever, dry cough, and tiredness,
- If you have a fever or contact your regular doctor or the flu hotline on **1-800-534-8600**
- If you have any difficulty breathing, call 911