

For the sick person under home isolation

We ask you to follow these instructions to prevent the spread
COVID-19 to people around you.

Stay home

- Do not go to school, to work, to a childcare centre or to any other public space.
- Do not use public transport.
- If you live alone and have no help to get essentials such as food or medication, use phone/online grocery and pharmacy home delivery services.
- Do not receive visitors at home.
- If you are living with other people who are not sick with COVID-19 :
 - remain alone in one room of the house as often as possible and close the door;
 - eat and sleep alone in one room of the house;
 - if possible use a bathroom reserved for your sole use. Otherwise, disinfect it after each use;
 - avoid as much as possible contact with other people in the home. If this is impossible, wear a mask. If a mask is not available, stay at least 2 metres away from other people.
- Open a window to air out your room and home often (weather permitting).
- Do not go to a medical clinic unless you have first obtained an appointment and have notified the clinic that you have COVID-19. If you need to go to the emergency room (eg, if you have difficulty breathing), contact 911 and tell the person that you are sick with COVID-19.



Wear a mask

- When someone is in the same room as you
- If you have to leave your home to seek medical care, you must first notify the medical clinic (or 911, if it is an emergency) that you have COVID-19.



Cover coughs and sneezes

- Use a disposable tissue to cough, sneeze or blow your nose.
- Discard the tissue in the garbage, and then wash your hands with soap and water.
- If you do not have disposable tissues, cough or sneeze in the crook of your arm.



Wash your hands

- Wash your hands often with soap under warm running water for at least 20 seconds.
- Use an alcohol-based hand rub if soap and water are not available.
- Wash your hands before eating and whenever your hands look dirty.
- After using the toilet, put the lid down before flushing and then wash your hands.



Do not share personal items

- Do not share plates, utensils, glasses, towels, bed sheets or clothes with others.

Watch your symptoms and take your temperature every day

- Everyday, at the same hour, take your temperature.
- If you are taking medication for fever wait at least 4 hours before taking your temperature.



Directives in case of severe symptoms

If your symptoms worsen:

Call 514-644-4545 or your doctor

For severe symptoms such as the following:

- Difficulty breathing
- Shortness of breath
- Chest pain
- Call 911 and tell them that you have COVID-19

If someone close or a caregiver helps you with your daily activities

(eg, helps you for eating meals, using the bathroom, moving about in your home)

Ideally, only one person should be designated to help you. This person must be in good health and not have a chronic illness such as diabetes or be undergoing cancer treatment or taking several medications.

When a person is in the same room as you, you must wear a mask.

Before helping you, this person must :

1 Wash their hands



2 Wear a mask



3 Put on disposable gloves



After helping you, the person must :

4 Take off the gloves and put them in a garbage bin with a lid, out of reach of children



5 Wash their hands



6 Take off their mask, and put it into a garbage bin with a lid, out of reach of children



7 Wash their hands again



Precautions to be followed for the person doing the laundry and cleaning at home

The sick person's sheets, towels and clothes can be washed with those of the other people in the household.

- Wash in hot water.
- Wear disposable gloves (avoid direct contact between your clothes and skin and the sick person's clothes, sheets and towels).
- Do not shake out the dirty laundry.

Utensils and dishes used by the sick person should be washed with your regular dish soap or detergent and water.

The sick person's garbage can be thrown out with the household garbage. Close the garbage bag tightly.

Wash your hands with soap and water often :

- After any contact with the sick person or with objects or surfaces they have touched (eg, night table, dishes);
- Before and after preparing food, before eating, after using the toilet and whenever your hands look dirty;
- Use an alcohol-based hand rub if soap and water are not available.

Clean and disinfect the following items at least once a day:

- Surfaces the sick person touches often (eg, door handles, night table, bed frame and other furniture in the person's room);
- Bathroom and toilet.

If possible, the spaces reserved for use by the sick person should be cleaned and disinfected by them.

To disinfect, prepare a solution with 1 part household bleach and 9 parts cold water (eg. 1 cup bleach and 9 cups of water).

You can contact Info-Social 811 (24/7 psychosocial help line) if you are experiencing

- Stress, anxiety
- Emotional reactions (frequent crying, irritability, etc.)
- Feelings of panic
- Recurring ideas in your head that are overwhelming and making you afraid
- Social repercussions of the illness

Professionals in psychosocial intervention will offer you support, and give you information and advice based on your needs.

COVID-19 and HOME ISOLATION

What is COVID-19?

COVID-19 is a respiratory disease caused by a novel coronavirus.

What are the symptoms?

The main symptoms are fever, cough and difficulty breathing. Other symptoms can develop such as nausea, vomiting, headache, muscle pain, diarrhea.

How does the respiratory infection spread?

It spreads from person to person through contact with droplets expelled into the air when an infected sick person talks, coughs or sneezes. It is also possible that the virus spreads through stools.

Why is home isolation required?

To prevent spreading the disease to other people.

When can home isolation be discontinued?

If you weren't hospitalized: you can end home isolation **14 days** after you started getting sick only if you haven't had any symptoms for 2 days.

If you still have symptoms, you must stay in isolation until you haven't had any symptoms for 2 days.

If you were hospitalized: when you no longer have symptoms, call 514-644-4545 or your doctor to find out when you can end isolation.

If you are a healthcare worker, contact your health office.

