

DO'S and DON'TS of self-isolation

For those who do not have COVID-19 or respiratory symptoms

If you have been asked to self isolate at home because of the possibility of having come into contact with an infected person or because you travelled. This does not necessarily mean that you have COVID-19, but you are at risk for developing the disease and passing the infection on to others.



Do stay home for 14 days

- Work from home
- Use food delivery services or online shopping



Do protect others

- Wash your hands frequently (hand hygiene)
- Cough into your sleeve (respiratory etiquette)
- Keep 2 metres away from others (social distancing)
- greet with a wave instead of a handshake, a kiss or a hug



Do get creative to prevent boredom

- Get creative by drawing chalk art or running back yard obstacle courses and games



Do monitor your symptoms

- If you develop cough or fever, report symptoms call 811
- If you are having trouble breathing call 911
- If you are directed to an assessment centre or the Emergency Department, wear a surgical/procedure mask
- If travelling by ambulance, notify the dispatcher that you may have COVID-19



Do keep in contact with friends

- Use technology, such as video calls, to keep in touch with friends and family
- Host virtual meetings, hangouts, family dinners or playdates for your kids



Do continue to exercise

- Exercise at home
- Go outside for some fresh air, a run, bike ride, rollerblade, snowshoe, walk the dog or get the mail – ensuring you stay 2 metres away from others



Do clean all high-touch surfaces

- High-touch surfaces: toilets, bedside tables and door handles should be cleaned daily using a store bought disinfectant. If not available use diluted bleach solution, one part bleach to 50 parts water (e.g. mix 10ml bleach with 500ml water), and allow the surface to remain wet for 1 minute
- If they can withstand the use of liquids for disinfection, high-touch electronics such as phones, computers and other devices should be disinfected with 60% alcohol that remains wet for 1 minute



Do not go to school, work or other public areas

- (e.g. malls, fitness centre, place of worship)



Do not have visitors

- Except for individuals providing care or delivering food/supplies, and in that case, maintain a distance of 2 metres



Do not use public transportation



Do not share personal items with others

- Including toothbrushes, towels, linens, thermometers, cigarettes, unwashed utensils, and electronic devices (such as phones and computers)

Frequently asked questions

What is the point of self-isolation?

This is one way every Canadian can help slow the spread of this virus in their community and protect their friends, family, and health care workers.

Can I go to work?

No. You could put your co-workers at risk. Many employers have made arrangements for working from home.

Can I use taxis/public transit/ride share?

No. You cannot make sure that you are 2 metres from other people. Using taxis, public transit, and ride shares puts the public at risk.

Can I go for a walk outside?

Yes. It is important to continue to exercise. BUT it is important that you avoid crowded areas and stay at least 2 metres from other people. You should wash your hands before you leave your house and when you return.

Can I go to the pharmacy to pick up my medication?

No. If you need medications, use a pharmacy delivery service or ask a friend to pick them up and bring them to your home.

Can I get the mail and newspaper?

If your mail is delivered directly to your house, it is ok to go to your mailbox. Make sure you wash your hands. If your mail is delivered to an apartment or community mailbox, or the post office, ask a friend to pick-up and deliver to you.

Can I go through a drive-through for coffee/food?

No. There is a risk of infecting other community members, including food service workers. Use delivery services or ask someone to deliver coffee or food to you.

Can I prepare for self-isolation by grocery shopping when I return from abroad?

No. If you are on self-isolation, this applies immediately. Use grocery delivery services or ask a friend to deliver them to you. If you must buy groceries yourself, order online/by phone for pick-up. Ensure proper handwashing and wear a mask.

Should I cancel my haircut/pedicure/spa treatment?

Yes. These are examples of non-essential appointments. You would be exposing your service providers and the public to unnecessary risk.

Can I have visitors?

No. Use technology, such as video calls, to keep in touch with friends and family.

Can I have playdates for my kids or playdates in my home?

No. If your children are in self-isolation, they need to avoid contact with others. Consider novel ways to keep in touch like virtual meetings, hangouts, family dinners or playdates for your kids.

Can children play outdoors together? Can my child have a sleepover with children who have also been isolated?

No. Children need to keep 2 metres away from other people.

Learn more at bccdc.ca/covid19

Information current as of March 20, 2020