

# How To: Self Isolate in your Family Home

*Come into contact with someone infected by COVID-19 and awaiting test results?*

*OR*

*Tested POSITIVE for COVID-19 already... The following is for you.*

**Asymptomatic (No symptoms) and Awaiting Test Results?** You are advised to enter Home Isolation immediately. This means you will remain in your home with your family. Do not leave your home, and where possible try to socially distance from your family.

**Symptomatic (Has Symptoms) or Positive Test Results?** You must enter Self Isolation. You are advised to stay in your house in a separate room from family. Do not leave your house. Do not enter public places or interact with others during this time.

By self quarantining when ill, you are helping to stop the spread of COVID-19 to your family and other community members. Placing yourself under Self-Isolation allows you time to recover and ensures you don't spread the virus. There are safe ways to self-Isolation in the same house as your family. Below we've shared the process you and your family can follow to ensure you don't spread the virus to your family members. We are all in this together, we must work to help each other to get through these hard times.

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## If you are Asymptomatic and Awaiting Results...

**Stay Home:** Remain in your house with your immediate family. Do not go into public places or visit friends and family. Do not have visitors to your home.

### **Monitor yourself for symptoms of COVID-19:**

Primary Symptoms: A fever and chills, a dry cough, fatigue, sore throat, loss of taste or smell, difficulty breathing, vomiting or diarrhea for more than 24 hours.

Secondary Symptoms: Runny nose, poor feeding for infants, muscle aches, pink eye, headache, skin rash, nausea or loss of appetite.

If you or a family member become symptomatic or have positive test results, follow pages 2 through to 5 to ensure the virus spread is contained.

## If you are Symptomatic or have Positive Test Results...

### Suggested items to collect from around the house or order from the store:

- Water
- Kleenex
- Thermometer
- Toilet paper
- Face wipes/ face cloths
- Laptop, tablet or TV
- Craft supplies
- Disposable plates and cutlery
- Hand Sanitizer
- Face Masks
- Pillows
- Comforter and blankets
- Comfortable clothing or Pjs
- Bed or couch
- Books
- Puzzles
- Garbage can or bags

### Location:

- 1) Find a room in your home that you can use for your personal isolation. The room must be removed from all main house areas. We suggest using a bedroom or a basement.

**IF you are unable to quarantine in your house** please contact the Nursing Station ASAP for further instruction. Nursing Station: (204)329-2212

- 2) Ensure your self quarantine room has a door. If you are unable to find a room with a door hang thick curtains or plastic sheeting over the room entrance.

- 3) Fill the room with items to keep you comfortable if you become ill or test positive.

Suggested items:

- Pillows
- Comforter and blankets
- Bed or couch
- Comfortable clothing
- Kleenex or tissues
- Water bottles
- Garbage can or bag

- 4) Fill the room with items to keep you entertained throughout your quarantine period.

Suggested items:

- A laptop, tablet or television
- Books
- Puzzles
- Crafts (Knitting, drawing, etc.)

## Meals:

Families are responsible for ensuring their quarantined family member is kept hydrated and fed. The following instructions are for family members caring for their isolated family member.

If possible, we advise the use of plastic water bottles and disposable plates and cutlery. This will allow the individual isolated to throw out the plates and bottles after use into their own garbage can or bag.

Serving them with reusable plates:

- 1) Place the meal in a metal or glass container.
- 2) Place the container (with meal in it) at the doorway of the isolation room.
- 3) Knock or speak to let the quarantined individual know the meal is outside their door.  
Leave the area to allow them to open the door to collect the beverage or meal.

Safe Clean-up:

- 1) The quarantined individual will place the empty container outside their door for collection.
- 2) Using gloves collect the dishes and place directly into an empty sink.
  - a) If using disposable gloves, remove the gloves and safely dispose of them into the garbage. Then thoroughly wash your hands.
  - b) If using reusable plastic gloves, wash the gloves in the hot water and dish soap thoroughly prior to washing the dishes. Then leave the gloves to air dry once cleaned.
- 3) Fill the sink with hot water and dish soap.
- 4) Allow the dishes to soak for at least 2 minutes, then begin to wash and sanitize the items thoroughly.
- 5) If possible, use the same dishes for the individual, then wash their dishes separate from others being used by other family members. Do not allow other family members to use the dishes, although they should be clean it is safer to set these dishes aside for the ill family member to reuse during their quarantine.

## **Bathroom Use:**

If there is only one bathroom in the home you must ensure the bathroom is sanitized after every use by the isolated individual. Viral particles can live on surfaces if left unsanitized, so ensure all items used in the bathroom are cleaned between uses. The isolating individual must wear a mask when entering and exiting their isolation space.

We suggest assigning the quarantined individual or one family member to do the following after each use of the bathroom by the quarantined individual.

What you will need:

- Disinfectant spray and paper towel
- Disposable gloves or washable rubber gloves

Safe Clean-up:

- 1) After the quarantined individual finishes in the washroom ask all family members to stay out of the bathroom until you have finished sanitizing.
- 2) Grab your Disinfectant Spray and paper towel
- 3) Spray all of the following handles:
  - In and out bathroom door handle
  - Bathroom faucet handles
  - Soap dispenser
  - Shower head and handles (if the individual showered)
  - Any cabinet door handles
  - Light switches
- 4) Wait 30 seconds, then wipe the Disinfectant Spray off all of the items sprayed.
- 5) Ensure hand towels are washed daily. If possible, assign a single hand towel to the quarantined individual that they can store in their room.

## **Bedding Changes:**

The virus affects everyone differently, this includes the length an individual remains sick for. If someone remains sick for more than a week it is advised to wash all bedding and blankets to ensure they remain clean and clear of all bacteria. Wash the individuals clothing, bedding and blankets separately from all other family laundry.

- 1) Place a garbage bag or 2 at the doorway of the room.
- 2) Ask the individual to place all sheets and bedding into the garbage bags, then place the bags outside the doorway.
- 3) Put a face mask on to protect your face.
- 4) Put plastic gloves on your hands.
- 5) Retrieve the garbage bags from the doorway and take them directly to the laundry room.
- 6) Set your washer to hot and place the suggested amount of laundry detergent into your washing machine.
- 7) Open the garbage bags and empty them directly into the washer. Place the garbage bags directly into a separate garbage bag to ensure safe disposal.
- 8) Once you have closed the washing machine allowing it to run, remove your gloves and place them into the garbage.
- 9) Spray the surface and edges of the washing machine with cleaner, allow it to set for 30 seconds then wipe all surfaces the items may have touched.
- 10) Once bedding has been washed and dried, place the clean bedding into a bag or basket and place outside the door of quarantined individual for them to retrieve.

## **When to Call the Nursing Station:**

COVID-19's level of severity is different for every individual, but can be affected by several factors. Some of the factors include: pre-existing chronic health issues, pre-existing lung disease, diabetes, severe obesity, age, and/or a history of smoking.

Call the local Nursing Station if symptoms worsen into the following:

- Difficulty breathing
- Chest pain or pressure
- Loss of speech or movement

Nursing Station: (204)329-2212