



## How to Self-Isolate From Those Outside Your Household

In order to help prevent the spread of COVID-19, you must self-isolate from others if you have COVID-19 symptoms, if you have tested positive for COVID-19, or if you may have been exposed to COVID-19.

Mild symptoms can be managed at home, however, if you start to feel worse, contact your health care provider, the Renfrew County Virtual Triage and Assessment Centre (1-844-727-6404) or Telehealth (1-866-797-0000). Do not visit the Emergency department for the treatment of mild COVID-19 symptoms or to obtain a COVID-19 test.

### How long do I have to self-isolate?

If you are fully vaccinated and otherwise healthy, or are under 12 years old, you must self-isolate for five days from when your symptoms began or from the date of your test, whichever came first. You can end self-isolation after five days if your symptoms have improved for at least 24 hours (48 hours if gastrointestinal), and all public health and safety measures, such as masking and physical distancing, are followed.

If you are not fully vaccinated or are immunocompromised, you must self-isolate for 10 days after your symptoms began or your positive test result, whichever came first.

The people you live with must also self-isolate at the same time as you, whether they are fully vaccinated or not.

### What does self-isolation involve?

#### Staying at home:

- Do not go to work, school, child care, or other public places.
- No visitors unless essential (e.g., care providers).
- Arrange to have your essential needs delivered (e.g. groceries, medications).
- Stay home unless you need to get tested or require emergency medical care
- If you must be outside, keep a distance of at least two meters from others and wear a mask at all times.



#### While in self-isolation, you should:

- Follow all advice and direction from Renfrew County and District Health Unit ([www.rcdhu.com](http://www.rcdhu.com)).
- Regularly clean and disinfect high-touch surfaces and objects.
- Regularly wash your hands often with soap and water or hand sanitizer that's at least 60% alcohol.

#### If possible, you should also:

- Work from home
- Exercise at home
- Rest and eat a balanced diet
- Get fresh air by going outside on a private balcony, deck or in your backyard
- Use technology, such as video calls, to keep in touch with family and friends





## How to Self-Isolate From Those Within Your Home

If you're self-isolating and don't live with the person who exposed you to COVID-19, you should wear a medical mask or well-constructed well-fitting non-medical mask when:

- Alone or with others in shared indoor spaces, like: hallways, kitchens, and washrooms.
- Your household members are with you in a private outdoor space, like: a balcony or yard.
- You need care (either direct physical care or close-range interactions).

Please note that some household members may be at risk of more severe disease or outcomes from COVID-19 because of their age or a chronic medical condition. They should also be masked when in a shared indoor or private outdoor space with you.

### Where possible:

- Do not use shared indoor spaces or private outdoor spaces with your household members.
- If not possible, use a separate:
  - room for sleeping, or if not possible: sleep in a separate bed, positioned head-to-toe to keep as far away from one another as possible;
  - washroom, or if not possible: open the window, put the toilet lid down before flushing, clean and disinfect surfaces and objects that have been touched after each use.
- Do not participate in household group activities like:
  - Shared meals, family games, watching TV together.
- Do not share personal items.

### Keep your distance

- If you are in a room with other people, keep a distance of at least 2 metres and wear a mask.
- People should always wear a mask when they are in the same room as you.

### Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.

