

Information for patients with mild illness who have been advised to self-isolate at home

Your doctor has determined that you can safely be cared for at home because you have mild symptoms. Self-isolating at home is the best way to prevent the spread of contagious respiratory illnesses including novel coronavirus. **We recommend that you self-isolate at home for at least 10 days from the time that your symptoms started.** After 10 days, if all your symptoms have resolved, aside from a cough, you can stop self-isolating. If you still have symptoms, other than a cough, at 10 days, you should stay at home until these symptoms resolve and seek medical care if they do not. If at any time, you experience worsening symptoms and increased difficulty of breathing, do not hesitate to seek urgent medical care.

Most people do NOT require coronavirus testing. Since most people only experience mild illness, testing is not recommended as it does not change how you should manage your illness by self-isolating at home.

If you were tested, your results will be available within the next 2-3 days. You may call the BC Centre for Disease Control Results Hotline for your test results at 1-833-707-2792 (Monday to Friday, 8:30am to 4:30pm)

Instructions for self-Isolation:

- 1) **Stay home while you are sick** – Just as when you have the flu, you should stay home when you are sick. Do not go to work, or school. Cancel non-urgent appointments. However, you can still leave home for essential purchases, such as getting groceries. If you do go out while you are still sick, it is best if you wear a mask (see point #2 below). Your doctor may provide you with a note excusing you from work or school.
- 2) **Wear a face mask** – Wear a face mask when you are in the same room with other people and when you visit a health care facility. If your mask gets wet or dirty, change it. Please note: A face mask refers to a surgical/procedure mask. N95 respirator masks for airborne disease are not required.
- 3) **Separate yourself from other people in your home** – Stay and sleep in a well-ventilated room separate from other people. Use a separate bathroom if available. Use a face mask in shared spaces. Household members should stay in another home or place of residence if possible. Restrict visitors. However, it is ok to have friends/family drop off food or you can use delivery/pick up services for errands such as grocery shopping.
- 4) **Do not prepare food for others in your household**
- 5) **Avoid sharing household items** - Do not share dishes, cups, eating utensils, towels, bedding, or other items with people in your home. After using these items, wash them thoroughly with soap and water.
- 6) **Cover your coughs and sneezes** – Cover your mouth and nose with a tissue when you cough/sneeze, or cough/sneeze into your sleeve instead of your hand. Throw used tissues into a lined trash can in your room before disposal with other household waste. Immediately wash your hands.
- 7) **Wash your hands** – Wash your hands often and thoroughly with soap and water for at least 20 seconds. Use disposable paper towels when possible. For more information on handwashing see <https://www.healthlinkbc.ca/healthlinkbc-files/hand-washing>. If soap and water are not available, use alcohol-based sanitizer, however, always wash your hands with soap and water after using the toilet. Avoid touching your eyes, nose, and mouth with unwashed hands.
- 8) **Flush toilet with the lid down** – the virus may also be present in stool.
- 9) **Clean and disinfect frequently touched surfaces** – Clean and disinfect frequently touched surfaces (e.g. counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables) once per day with regular household disinfectant or a solution containing 1 part bleach to 9 parts water.
- 10) **Notify health care facilities before you visit** – Call ahead before visiting a health care facility, and advise them that you have or are being tested for novel coronavirus. Also be sure to inform health care providers when you arrive. This will help health care facilities to take steps to keep other people from becoming infected.
- 11) **Monitor your symptoms** – Seek medical attention if you have trouble breathing, are unable to tolerate fluids, or if your illness is worsening. Notify health care facilities and health care providers (e.g. emergency departments, ambulance paramedics, doctor's offices) before you visit.