

You and the people who live in your home must self-isolate **immediately** to prevent COVID-19 from spreading to others.

The time you can spread COVID-19 to others started 2 days before you first became sick, or 2 days before the day you were tested, whichever came first. Public Health tells you when this time ends.

How do I self-isolate?

Self-Isolation means:

- Stay at home.
- Stay in a separate room.
- Stay away from others in the home.
- Use a separate bathroom if possible.
- Get basics like groceries and medications brought to you by someone not in self-isolation.

Visit patienteduc.fraserhealth.ca and search 'Home Isolation and COVID-19 Testing' or scan this QR code to go directly to the resource.
Available in multiple languages.
Choose your language from the list.



Do not go to work, school, or other public areas (such as grocery stores, shopping malls, fitness centres, or places of worship).

Do not have visitors.

Do not share personal items with others.

Do not use public transport.

Note: If anyone living in your home develops symptoms, they need to go for COVID-19 testing.

If people living in your home cannot self-isolate away from you, they must continue to self-isolate for 14 days after you have completed your self-isolation period.

Symptoms and Getting Medical Care

People with weakened immune systems are at increased risk of more severe illness due to COVID-19. This can include older people and people with chronic diseases such as diabetes, cancer, heart, renal or chronic lung disease.

- If your symptoms feel worse than a common cold:
 - Call your health care practitioner, or
 - Call the Fraser Health Virtual Care Team, 1-800-314-0999 (10:00 a.m. to 10:00 p.m. daily)
- Call 8-1-1 any time day or night if you have any questions or concerns about your health.
- **Call 9-1-1 if you have more severe symptoms, such as trouble breathing or chest pain.**

*Any time you go for medical care, call ahead. Let them know you have COVID-19.

Notifying Close Contacts

Notify the people you were in **close contact** during the time you could spread COVID-19. Tell them that they are more likely to get COVID-19. Give each of your close contacts a **Contact Notification Sheet** (fraserhealth.ca/notification).

This **does not include** health care or long-term care facilities, daycares, school communities or classrooms. Public Health will follow-up on these settings specifically.

Close contacts are people:

- Who live in the same home as you, or
- You have spent longer than 15 minutes with, where you and the other person/people were less than 6 feet (2 meters) apart. This includes people that you may have worked or socialized with.

Ending Self-Isolation

- If you no longer have a fever and your symptoms are continuing to get better by the end of your isolation period given to you by Public Health, you no longer need to self-isolate. You might have a cough for several weeks. A cough alone is not a reason to self-isolate for longer than the time given to you.
- If your symptoms get worse or continue beyond your self-isolation period, arrange to see a health care provider as described above in “Symptoms and Getting Medical Care”.
- If you did not have symptoms when you spoke with Public Health, but developed symptoms of COVID-19 during your self-isolation period, you will need to isolate for longer. In this case, your self-isolation period will end 10 days from when you first became sick.

When your self-isolation is complete, continue to take precautions such as physical distancing, wearing a mask (especially when you cannot stay physically distant from others), and cleaning your hands often. Anytime you cough or sneeze, do so into a tissue, your sleeve, or your elbow.

Where can you learn more?

To learn more about COVID-19:

- Go to the BC Centre for Disease Control website at bccdc.ca. Select ‘COVID-19 for the public’ or scan this QR code.
- Go to our webpage on COVID-19 (fraserhealth.ca/coronavirus) for added resources and answers to frequently asked questions or scan this QR code:



If you have any questions or concerns, please call the Fraser Health COVID Call Back number listed in your email from Public Health or call HealthLinkBC at 8-1-1.

To speak with someone in your language, call HealthLinkBC at 8-1-1. When you call, say your language in English 3 times, then wait until an interpreter comes on the phone.