

# HOW TO SELF-ISOLATE

## COVID-19 CORONAVIRUS

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel ill, contact the nursing station at (204) 484-2031 or one of the COVID-19 related information numbers at the bottom of this page.

### STAY HOME

- ▶ Do not use taxis or rideshares.
- ▶ Do not go to work, school or other public places, except for groceries or gas.
- ▶ Do not share towels, utensils, glasses, cups, toiletries, drinks, cigarettes or cannabis.
- ▶ Anyone with medical appointments **must** obtain permission to leave the community and travel in the medical van only.



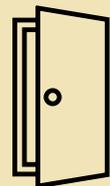
### NO VISITORS IN YOUR HOME

- ▶ No visits from any family or friends who do not live in your house. No poker or card games.
- ▶ Keep away from Elders and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency, cancer).



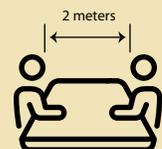
### AVOID CONTACT WITH OTHERS

- ▶ Ensure no public gatherings of more than 10 people.
- ▶ Stay in a separate room away from other people in your home as much as possible.
- ▶ Make sure that shared rooms have good airflow (e.g. open windows).



### KEEP DISTANCE

- ▶ If you are in a room with other people, in a lineup for gas or groceries at Three Rivers Stores, at a sweat, ceremony, or church, or walking outside keep a distance of at least two metres or six feet.



# OTHER SAFETY PRECAUTIONS AGAINST COVID-19

## COVER YOUR COUGHS AND SNEEZES

- ▶ Cover your mouth and nose with a tissue when you cough or sneeze.
- ▶ Cough or sneeze into your upper sleeve or elbow, not your hand.
- ▶ Throw used tissues in a lined wastebasket and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- ▶ After emptying the wastebasket wash you hands.



## WASH YOUR HANDS

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



20 seconds

## HOW COVID-19 SPREADS

By respiratory droplets of an infected person landing on:

- ▶ Others with whom they have close contact such as people who live in the same household or who provide care.
- ▶ Surfaces like counters, doorknobs or toilets and then others touch them.

## COVID-19 SYMPTOMS

- ▶ Cough
- ▶ Fever
- ▶ Sore throat
- ▶ Runny nose
- ▶ Shortness of breath
- ▶ Difficulty breathing
- ▶ Flu-like muscle aches
- ▶ Nausea
- ▶ Vomiting
- ▶ Diarrhea