COVID-19 INFORMATION
Mandatory Isolation

For COVID-19 Positive Individuals and their Household

What is mandatory isolation and why is it necessary?
Mandatory isolation means staying in your place of isolation (home) or in a designated area of your home (if possible), when you have been diagnosed with COVID-19. This is to prevent spreading the virus to others in your home and community. DO NOT leave your property unless you need to seek medical attention.

Who should be in mandatory isolation?
Those diagnosed with COVID-19 and their household members.

How do I isolate?
Follow the advice provided in the Care in the Home Document.

How long do I have to be in mandatory isolate?
You and the members of your household will need to isolate until you are told not to by a health care provider.

COVID-19 Positive Person:
Your health care provider will be the one to tell you when you can come off isolation. Their assessment will include the following:

- A minimum of 10 days since you developed symptoms; and
- You have no fever and your symptoms have improved; and
- You receive two (2) negative test results taken 24hrs apart.

Your health care provider may extend your isolation time based on their assessment.

Household Members:
Household members need to isolate for a minimum of 14 days from their last exposure to the person with COVID-19 and may have to isolate longer based on health care provider advise.

To minimize the length of time you household members are exposed households may choose to isolate in different locations.

If you are having a hard time or are feeling down, support is a phone call away.

NWT Helpline: 1-800-661-0844
NWT Family Violence: 867-767-9061
Kids Help Phone: 1-800-668-6868

For more information, please visit www.hss.gov.nt.ca/coronavirus

Updated: April 29, 2020
# COVID-19 Information

**Mandatory Self-Isolation**

- Stay home if you are sick
- Avoid close contact with others
- Turn and cover your mouth and nose if you cough
- Throw used tissues in the garbage
- Wash your hands

### Monitoring Form

#### Symptoms

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<td>New or worsening cough</td>
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<td>Nasal/sinus discharge</td>
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<td>Difficulty breathing (Chills/Feverish)</td>
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<td>Temperature (specify °C)</td>
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**Other Symptoms**

- Let a health care provider know if you develop symptoms.

#### Monitoring End Date:

Name: __________________________

Date of Symptom Onset: ________________

Monitoring End Date: ________________

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**Healthy Respiratory Practices Everyone Can Use to Protect Yourself & Your Community**

1. Clean/disinfect
2. Wash your hands
3. Turn and cover your mouth and nose
4. Avoid close contact with others
5. Throw used tissues in the garbage
6. Wash your hands

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Thank you for keeping the NWT safe!