



# Coronavirus Disease (COVID-19) Self-Isolation Information Sheet

Updated: March 21, 2020

Self-isolation means limiting your contact with others.

## 1) If you have symptoms and were tested for COVID-19

- Everyone that lives with you needs to self-isolate as well.

If someone in your household develops symptoms, call your health care provider and they will give instructions.

- Wait for your health care provider to notify you of your test results.

It will take up to a week to receive your results and your health care provider will provide further advice at that time.

You and your household must follow the “What is Self-Isolation?” advice below.”

## 2) If you don't have symptoms and are self-isolating because of travel

- Only you need to self-isolate. Follow the “What is Self-Isolation?” advice below.
- Increase cleaning/disinfecting and healthy respiratory practices

Go to [www.hss.gov.nt.ca/EssentialWorkers](http://www.hss.gov.nt.ca/EssentialWorkers) to find out if you are considered an essential worker and what that means.

## What is Self-Isolation?



### Stay home

Avoid situations where you could infect others. This means staying away from social gatherings, work, school/university, childcare centres, athletic events, faith-based gatherings, healthcare facilities, grocery stores, restaurants, shopping malls, gyms and any other public gatherings.

You may go outdoors for fresh air when by yourself. Do not use public transportation, taxis, or share a car. Do not have face-to-face contact (within 2 metres) with anyone while outdoors.

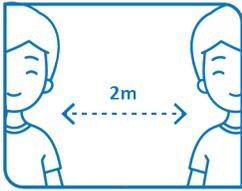
If you must run an urgent errand by yourself (e.g. picking up a medication) you can wear a surgical mask to reduce the risk of spreading infection.



### Avoid having visitors

Avoid having visitors to your home, but it is okay for friends, family, or delivery drivers to drop food off or other things you may need.

Avoid contact with older adults and other people with chronic medical conditions (e.g. immune deficiencies, lung problems, heart disease, diabetes).



## Keep your distance

Stay away from other household members (2 meters apart) as much as possible and use a separate bathroom if you have one. If you must share toilet facilities, they should be cleaned daily.

Avoid sharing household items. You should not share drinking glasses, cups, eating utensils, pillows or other items with people in your home. After using these items you should clean them.



## Cover your coughs and sneezes

Cover your nose and mouth with a tissue when coughing or sneezing or cough or sneeze into your sleeve/elbow.

You and other household members should follow healthy respiratory practices. See the [GNWT Healthy Respiratory Practices handout](#).

Throw used tissues immediately into the garbage and wash your hands.



## Wash your hands

You and your family should wash your hands frequently. Wash them after coughing or sneezing, if they are dirty, using the bathroom, or before eating.

Wash your hands with soap and water for at least 20 seconds or use an alcohol-based sanitizer if water is not available.



## Be careful when touching garbage

All waste can go into regular garbage bins.

When emptying the garbage, take care to not touch used tissues with your hands. Lining the garbage with a plastic bag makes waste disposal easier and safer.

Clean your hands with soap and water after emptying the garbage.



## Clean and disinfect

Clean your home with regular household cleaners.

Clean regularly touched items such as toilets, sink taps, handles, door knobs, light switches, cellphones, bedside tables, etc. on a daily basis.

**Follow the advice of your health care provider. You may be contacted each day during your self-isolation to monitor your symptoms.**

For general questions or if you develop new or worsening symptoms, contact a health care provider.

**If your symptoms are severe, call 9-1-1** and let them know that you are self-isolating for COVID-19.

**For more information and updates visit  
[www.hss.gov.nt.ca/coronavirus](http://www.hss.gov.nt.ca/coronavirus)**

Here is a sheet to help you keep track of your daily symptoms while self-monitoring.

# COVID-19 Daily Self-Monitoring Form

Let your healthcare provider know if you develop symptoms.

Name: \_\_\_\_\_

Date of Symptom Onset: \_\_\_\_\_

Monitoring End Date : \_\_\_\_\_

Individuals should self-monitor for symptoms for 14 days upon arrival from outside the NWT

Date each day, check your temperature and then check any of the symptoms.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
No Symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Symptoms :</b>	<b>Let a health care provider know if you develop symptoms.</b>													
Temperature (specify: °C)														
Chills/Feverish														
Difficulty breathing	<b>Call 9-1-1</b>													
Cough														
Runny Nose														
Nausea/Vomiting/ Diarrhea														
Sore throat														
Other, specify														

If symptoms continue past this point call your healthcare provider

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



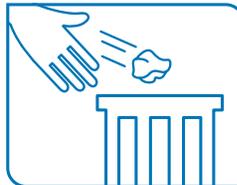
Stay home if you are sick



If you are sick, avoid close contact with others



Turn and cover your mouth and nose



Throw used tissues in the garbage



Wash your hands



Clean/Disinfect