



# WHEN A PERSON IS SICK OR ISOLATING AT HOME

If a person who is sick or isolating at home has any of these symptoms, call 911 or take them to the nearest Hospital Emergency:

- severe difficulty breathing
- severe chest pain
- hard time waking up
- increased confusion
- lost consciousness



## When a person is sick or isolating in the house that person should:

Stay away from others in the house by:

- Staying in one bedroom.
- If possible, only leave the room to go to the bathroom.

- If the person is able, always wear a mask when:
  - Outside the bedroom; or,
  - When someone has to enter the bedroom to provide care
- Keep 6 feet apart from others.
- Eat meals in the bedroom.
- If able, clean and disinfect the high touch surfaces in the bedroom they are isolating in.

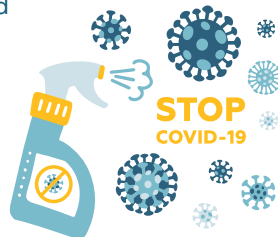
## What can others do to help the person who is sick or isolating?

- Check on them regularly to see if they are alright or if they need anything.
- Bring meals to them on a tray and leave outside the bedroom door. Use disposable dishes.
- When they leave the bedroom wear a mask and stay 6 feet away from them.
- Wear a mask even if you're fully vaccinated.
- Clean and disinfect high touch surfaces throughout the house frequently.
- Frequently wash hands or sanitize them with alcohol-based hand rub.
- Avoid touching your face without first cleaning your hands.



## Clean & Disinfect High Touch Surfaces:

- Clean the surface using a household cleaner that contains soap or detergent.
- Then use a disinfectant effective against the COVID-19 virus. Check Health Canada's listing for a disinfectant effective against the virus:



<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

- If you can't find a disinfectant that is on the list, use one that says it's effective against viruses.
- Follow the manufacturer's directions on use, which should be on the container's label.
- All disinfectants have a contact time, which is the amount of time the surface has to remain wet to kill germs.
- Wear the personal protective equipment recommended by the manufacturer.
- When you are finished cleaning and disinfecting, wash your hands with soap and water for 20 seconds.
- Store cleaners and disinfectant out of the reach of children.
- **Do not mix products and chemicals.**

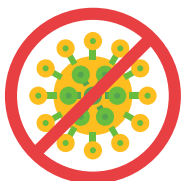
## High Touch Surfaces:

It is a good idea to clean and disinfect high touch surfaces at least once a day in your home (even when no one is sick or isolating). This will help prevent the spread of COVID-19 and other illnesses such as flu and colds. Examples of high touch surfaces are:

- Light switches
- Tap handles/levers
- TV remote
- Phone
- Door knobs
- Kitchen cabinet handles
- Countertops
- Table tops
- Fridge door handles
- Toilet flush levers
- Toilet lids & seats
- Stair railings

## Clean Your Home Regularly...Even When No One is Sick

- Cleaning with a household cleaner that contains soap or detergent reduces the number of germs on surfaces and decreases risk of infection from surfaces. In most situations, cleaning alone removes most virus particles on surfaces.
- However, you should both **clean and disinfect** high touch surfaces when:
  - A person in your home is sick or isolating; or
  - A person positive for COVID-19 was in your home within the last 24 hours.





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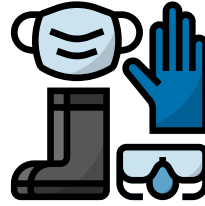
## OTHER TIPS

### If the person is able to clean & disinfect...

- Provide dedicated cleaning and disinfecting supplies to the person who is sick or isolating.
  - Supplies to include tissues, paper towels, cleaners, and disinfectant.
  - Provide alcohol-based hand sanitizer when the person is old enough to use without adult supervision
- If the person is able to, they should clean and disinfect the high touch surfaces in a shared bathroom after they use it.
- Any towels or face cloths they use in the shared bathroom should be taken back to their bedroom.



### If the person is unable to clean & disinfect...



- They should put on a mask before someone else enters.
- The person entering the room should put on a mask.
- Open windows and door to improve ventilation.
- Only clean and disinfect the area around the person who is sick to limit exposure.
  - Use cleaners and disinfectants as per the manufacturer's instructions.
  - Wear personal protective equipment recommended by the manufacturer.
- After leaving the room and before and after removing their mask, the cleaner should wash their hands with soap and water for 20 seconds.
- After the person in isolation uses the shared bathroom the high touch surfaces should be cleaned & disinfected.

### Food and Dishes:

- Food should be left outside the bedroom door and eaten in the bedroom.
- Used dishes and utensils should be left outside the bedroom door.
  - Use disposable dishes and utensils if possible.
- Wear gloves when picking up and washing the dishes and utensils used by the person.
- Wash dishes and utensils with soap and hot water or in the dishwasher.
  - You can wash them with the dishes and utensils used by others.
- Wash your hands with soap and water for 20 seconds after removing your gloves.



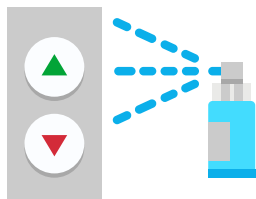
### Garbage disposal:

- Use a dedicated garbage can, lined with a plastic bag for the person.
- When the bag is full, the ill person should close it and leave it outside the bedroom door.
- Use gloves when removing garbage bags from the house and handling and disposing of garbage.
- The garbage bag can be disposed of with other household waste.
- Wash hands after disposing of the garbage.



### Electronics (phones, tablets, remotes, keyboards, etc.)

- Consider putting a wipeable cover on electronics to make cleaning easier. Ziploc style bags can be used as wipeable covers.



- Follow the manufacturer's instructions for cleaning the electronic device.

### Laundry:

- Use the warmest appropriate water setting and dry items completely.
- It is safe to wash dirty laundry from a person who is sick or isolating with other people's items.
- If handling dirty laundry from the person, wear gloves and a mask.
  - Do not "shake out" dirty laundry.
- Clean & disinfect laundry baskets.
- Wash hands after handling dirty laundry.
- Remember to wash reusable non-medical masks daily.

