

# Home Isolation

## While Waiting For Novel Coronavirus (COVID-19) Results

Your doctor has agreed that you can stay home while you wait for results of tests for the novel coronavirus (COVID-19). You are well enough to care for yourself at home.

To prevent the possible spread of this illness, we ask you to:

**Isolate yourself at home  
for at least the next 96 hours.**

To get your results, call:

**Coronavirus Hotline**                      **1-833-707-2792**

Monday to Friday, 8:30 a.m. to 4:30 p.m.

- If your results show you don't have the novel coronavirus (COVID-19), the nurse at the Hotline will explain the next steps.
- **If your results show you have the novel coronavirus**, someone from Public Health will call you within 96 hours.

### How to isolate yourself

#### Stay at home

- Remain in your home, except when you need urgent medical care.
- Cancel appointments unless it is for an urgent medical reason.
- Do not go to work, school, or public areas (such as stores, shopping malls, restaurants, and places of worship). Your doctor may provide you with a note excusing you from work or school.
- Do not use public transportation or taxis.

#### Call ahead before going for medical care

- If you need to go for urgent medical care, call ahead.
- Let them know you are being tested for novel coronavirus.
- When you arrive, remind health care providers again. This helps keep other people from possibly becoming infected.

#### Monitor your health

- Check your temperature each day, if you have a thermometer.
- Go to the nearest Emergency Department if:
  - You have trouble breathing.
  - You are not able to drink any fluids.
  - Your illness is getting worse.

\*Remember to call ahead and let them know are being tested for novel coronavirus.
- If you need to call 9-1-1, alert the operator that you are being tested for novel coronavirus.

#### Wear a facemask

- Wear a facemask when you are in the same room with other people.
- Wear a facemask if you must leave your home for urgent medical care.
- If your mask gets damp or dirty, change it.

### Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands right away.
- If you don't have a tissue, cough or sneeze into your sleeve (not your hand).
- Throw all used tissues into a plastic bag in your room.
- To dispose of the bag, close it and throw it out with other household garbage.

### Wash your hands

- Wash your hands often. Use soap and water for at least 20 seconds. Dry your hands with paper towels, when possible.
- If you cannot wash your hands with soap and water, use hand sanitizer (alcohol-based hand rub).
- Try not to touch your eyes, nose, and mouth with unwashed hands.

For more information on handwashing:

- Go to HealthLinkBC and search 'File 85'.
- Use this link ([tinyurl.com/u6oyhvy](https://tinyurl.com/u6oyhvy)) or scan this QR code.



### Do not share household items

- Do not share dishes, cups, eating utensils, towels, bedding, or other items with people in your home.
- After using these items, wash them with soap and hot water.

### Separate yourself from other people

- Keep yourself separate from other people.
- Ask anyone who lives with you to live elsewhere, if possible, while you are isolated. This is especially important for anyone who has a chronic health condition or a weakened immune system.
- Tell family and friends not to visit you.
- If you must live in a shared accommodation:
  - Stay in a room by yourself, including sleep.
  - Use a room with a window to the outside that can be opened for airflow.
  - Use a separate bathroom, if available.
  - Use a facemask when you are in the same room with other people.

### Clean frequently touched surfaces

- Clean frequently touched surfaces every day with regular household cleaner or diluted bleach (1 part bleach to 9 parts water).

Examples of surfaces: counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables

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If you have any questions:

- Call your doctor.
- Call HealthLinkBC. 8-1-1  
Open 24 hours a day, 7 days a week.  
Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

**Note:** Do this as well when calling the Coronavirus Hotline.