



Information for people who are self-isolating due to contact with a case of COVID-19 or travel to an affected area

Self-isolation is a term for when a person who is at risk of spreading disease avoids contact with others. This is done to prevent spread of disease to other people. Self-isolation is one important way of preventing novel coronavirus (COVID-19) from spreading in British Columbia.

People may be asked to self-isolate when they have travelled recently to an area with many cases of COVID-19 or when they have been in contact with a person who has COVID-19.

Q1. It has been recommended that I self-isolate. What are my next steps?

1. Stay at home and avoid contact with others (self-isolate).
2. Call the provincial health line 8-1-1 (HealthLink BC) to receive advice about self-isolating if you have not already been in contact with public health officials. It is toll-free and has translation services available in more than 130 languages.
3. Remain in self-isolation for 14 days after travel or your last contact with a person confirmed to have COVID-19.

Q2. How do I avoid contact with others?

We know this is hard, but for the health of your family, friends and community, try to stay at home.

- Do not go to work or school; if you need a note, ask your health care provider to provide you one.
- Do not go to public areas, including places of worship, stores, shopping malls and restaurants.
- Limit visitors to your home.
- Cancel or reschedule non-urgent appointments.
- Do not take buses, taxis or ride-sharing where you would be in contact with others.
- It is okay to have family/friends drop off food or you can use delivery/pick up services for errands such as grocery shopping.

Q3. How do I avoid contact with others in my home?

Household members should stay in another home or place of residence if possible, especially if they have a compromised immune system or chronic health conditions. If you are sharing your home, stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can.

Q4.

