How to **Self-Isolate**

You have been asked to isolate yourself because you might have been diagnosed with COVID-19 or you might be at risk of developing COVID-19. Self-isolation means staying at home and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

**For the next 14 days, it is expected that you take the following measures:**

**Limit contact with others**
- Do not leave home unless absolutely necessary, such as to seek medical care.
- Do not go to school, work, other public areas or use public transportation (e.g., buses, taxis).
- Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.

**Keep your hands clean**
- Wash your hands often with soap and water for at least 20 seconds, and dry with disposable paper towels or dry reusable towel, replacing it when it becomes wet.
- Avoid touching your eyes, nose and mouth.
- Cough/sneeze into the band of your arm, not your hand, or into a tissue. Dispose of tissues in a lined waste container.

**Avoid contaminating common items and surfaces:**
- Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- Put the lid of the toilet down before flushing.

For the latest information visit: [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus)
Monitor your symptoms daily:

- Monitor your health and symptoms daily (fever, cough, and difficulty breathing)
- Record your temperature daily.
- If you develop symptoms or your symptoms get worse immediately contact Tele-care 8-1-1 or Public Health.

Care for yourself:

- Get some rest, eat a balanced diet and nutritious food, and stay hydrated with fluids like water.
- Stay in touch with family and friends by phone or computer.
- Make alternative work/study arrangements where possible.

If you start having symptoms isolate yourself from others as quickly as possible. Immediately CALL TELECARE-811. Describe your symptoms and travel history. They will provide advice on what you should do.

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