



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

Updated: March 14, 2020

Self-isolation means limiting your contact with others.

If you have symptoms and were tested for COVID-19, 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.

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.

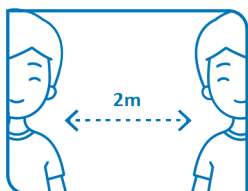
If you must run an urgent errand by yourself (e.g. picking up a medication) you can wear a surgical mask to reduce the risk of spreading infection.



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.



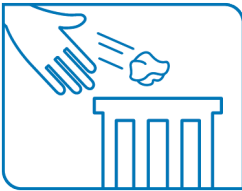
Cover your coughs and sneezes

- 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

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: _____

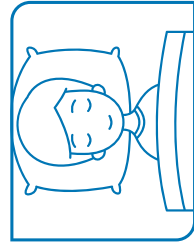
Monitoring End Date: _____

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

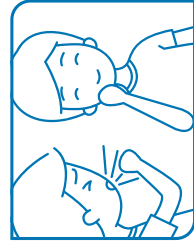
Date each day, check your temperature and then check any of the symptoms.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	If symptoms continue past this point call your healthcare provider
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"/>	
Symptoms : Let a health care provider know if you develop symptoms.															
Temperature (specify: °C)															
Chills/Feverish															
Difficulty breathing															
Cough															
Runny Nose															
Nausea/Vomiting/ Diarrhea															
Sore throat															
Other, specify															

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



Stay home if you are sick



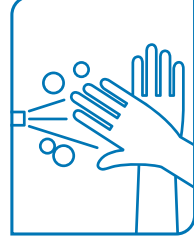
If you are sick, avoid close contact with others



Turn and cover your mouth and nose



Throw used tissues in the garbage



Wash your hands



Clean/Disinfect