

## Isolation for Symptomatic Individuals Recovering at Home

COVID-19 is a new virus, and there is no vaccine or treatment for it at this time. Most people who get COVID-19 will have mild symptoms, but for some this virus can cause serious illness and even death. Most people who get sick with COVID-19 can recover at home, but need to isolate and monitor their symptoms. Care at home can help stop the spread of COVID-19 and help ensure that health care resources are available to those with severe COVID-19 symptoms requiring hospitalization. Speak to your public health nurse if you are not able to isolate at home. Isolation from other people is the best way to protect yourself, your loved ones and people in the community.

### Do I need to isolate and for how long?

#### If you:

- **have tested positive for COVID-19 and are well enough to recover at home.** Isolate for at least 10 days from the time your symptoms started. During this time, a public health official will call you once daily to ask about your temperature and your symptoms. Your public health official will tell you when you can stop isolating.
- **have COVID-19 symptoms, have been tested and are waiting for your test results.** Isolate at home while you are waiting to get the laboratory results from a health care provider. If your COVID-19 test results are negative, but you have symptoms, or have travelled or been exposed to a case, you will need to continue to self-isolate (quarantine) for the entire 14 days and until you have been symptom free for 24 hours. If your COVID-19 test results are positive, a public health official will call you.
- **have cold or flu-like symptoms but have not been exposed to COVID-19 through travel or contact with a case.** People with a new onset of any one symptom listed in column A or any two or more symptoms listed in column B (see table below), should get tested for COVID-19. If you choose not to get tested, you will need to isolate for at least 10 days at home. You can stop isolating after 10 days, provided you have been symptom free for 24 hours. If you do get tested and your COVID-19 test results are negative, you need to isolate until you have been symptom free for 24 hours. If your COVID-19 test results are positive, a public health official will call you.

A	B
<ul style="list-style-type: none"> <li>• Fever / chills</li> <li>• Cough</li> <li>• Sore throat/ hoarse voice</li> <li>• Difficulty breathing</li> <li>• Loss of taste or smell</li> <li>• Vomiting or diarrhea for more than 24 hours</li> </ul>	<ul style="list-style-type: none"> <li>• Runny nose</li> <li>• Muscle aches</li> <li>• Fatigue</li> <li>• Pink eye (conjunctivitis)</li> <li>• Headache</li> <li>• Skin rash of unknown cause</li> <li>• Poor feeding, if an infant</li> <li>• Nausea or loss of appetite</li> </ul>

## Where can I find out my test results?

Public health officials will contact you directly should your test result come back positive for COVID-19. Negative results can be accessed securely online at <https://sharedhealthmb.ca/covid19/test-results/>. Test results typically take 24 to 48 hours to be processed after they are received at the laboratory.

If you do not have a Manitoba Health Family Registration Card, are not a resident of Manitoba, or you are unable to access your test results, you can call the COVID Line at Health Links – Info Santé at **204-788-8200** or toll free at **1-888-315-9257**.

## What does isolation mean?

Isolation requires staying at home and avoiding contact with other people (including household members) to prevent spreading the disease to others in your home and your community. This means confining your activities to your home and outdoor property. If you live in a condo or multi-dwelling complex, you must stay in your suite. You may use your private balcony as long as it is two metres (six feet) away from your neighbour's balcony. Until you are finished your isolation, do not leave home to go to work, school or other public places (e.g., don't go for curbside pickup from stores and restaurants, church), unless you require emergency or urgent medical care.

While at home, stay in your own room or on a separate floor from other members of your household. If possible, use a separate bathroom. If you must share a bathroom, it should be cleaned/disinfected frequently. If you need to leave your room or floor, wear a medical mask and stay at least two metres (six feet) away from other members of your household. You should also avoid contact with pets that live in your home. For information about living with or caring for a household member with COVID-19, [click here](#).

You must not have any visitors over to your home during this time. If you live alone, arrange to have groceries and supplies dropped off at your door to minimize contact with others. Cancel or notify any service providers who regularly come into your home that a household member is sick, has COVID-19, or is waiting test results. This includes home care workers, occupational therapists, physiotherapists, social workers, etc. They will discuss how best to provide care during this time.

## How do I self-monitor my symptoms?

Anyone who is isolating should also be monitoring their health for any new or more severe symptoms. This means:

- Identifying any new or worsening symptoms, including fever, cough, headache, runny nose, sore throat, shortness of breath or breathing difficulties.
- Taking your temperature twice a day (morning and night), using an oral (mouth) digital thermometer. It is important to get an accurate temperature reading. Do not eat, drink, smoke or chew gum for 30 minutes prior to taking your temperature. Wait at least 4 hours after you have taken acetaminophen (Tylenol®) or Ibuprofen (Advil®).
- Using the [Temperature Self-Monitoring Form](#) to record your temperature, and any other symptoms you may experience during the isolation period.

## What should I do if my symptoms get worse?

If your symptoms get worse during the isolation period (e.g., difficulty breathing, shortness of breath), call:

- Health Links – Info Santé (204-788-8200 or 1-888-315-9257). A nurse will assist you in determining whether or not you need a medical assessment.
- **911 if it is an emergency.**

It is important to seek medical attention early to get the care you need.

## What can I do to care for myself while at home?

- Rest, eat nutritious food, and drink plenty of clear fluids (e.g., water).
- Take acetaminophen (Tylenol®) or ibuprofen (Advil®) for fever and soreness.
- Check with your health care provider to find out if you should still take vitamins or alternative medicines.
- Isolating can be stressful and you may feel lonely. Stay connected with family or friends by phone, email, social media or other technologies.

## What can I do to stop the spread of COVID-19 to others in my home?

When you are sick, there are a variety of precautions you should take to protect others. You should:

### Clean your hands regularly

Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer that contains at least 60 per cent alcohol:

- Before and after preparing food (avoid preparing food for others)
- Before eating
- After using the toilet
- After touching shared household items (e.g., dishes, towels, etc.)
- Before and after using a face mask
- After disposing of waste (e.g. a tissue) or handling contaminated laundry and whenever hands look dirty

### Cover your coughs and sneezes

- Cough or sneeze into your sleeve or a tissue.
- Throw used tissues in the garbage and immediately wash your hands, or use an alcohol-based hand sanitizer.

### Avoid sharing household and personal items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items.
- Do not share cigarettes or other items that are put in the mouth.

### Keep your environment clean

- Clean and disinfect high touch areas (toilets, taps, light switches, doorknobs, TVs, phones, electronics and TV remotes) at least twice daily, or as needed.
- Use store bought disinfectant. If not available, use a diluted bleach solution (20 ml [four teaspoons] bleach for every litre of water) and allow the surface to remain wet for one minute before scrubbing.
- Use hot water when operating the dishwasher or washing machine.

### Make sure your home has good airflow

- Open the window, as weather allows.

## What if I live with someone who is at higher risk of developing severe COVID-19 symptoms?

Some people are at greater risk of developing severe symptoms that can result in hospitalization and even death. They include people who are 60 years of age and older, people with chronic health conditions or weakened immune systems (e.g., people undergoing cancer treatment).

Speak to your public health official or contact Health Links – Info Santé if you live with someone at higher risk of developing severe COVID-19 symptoms, or if isolating in the home will be difficult. Public health officials can assist with finding alternative accommodations for yourself, or potentially those at higher risk, to reduce the risk to family and household members.

### For more information about COVID-19:

#### Call:

- Health Links – Info Santé at **204-788-8200** or **1-888-315-9257**

#### Or visit:

- Caring for Someone with COVID-19 in the home – [www.manitoba.ca/covid19/resources/index.html#factsheets](http://www.manitoba.ca/covid19/resources/index.html#factsheets)
- Manitoba government's COVID-19 website – [www.manitoba.ca/covid19/](http://www.manitoba.ca/covid19/)
- Government of Canada's COVID-19 website – [www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html](http://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)