



Hand Washing

- Frequent and effective hand washing is your best defence.
- Wash your hands for at least 20 seconds.
- Where possible avoid touching your face (eyes, nose, mouth).
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Limit the number of visitors in your home:

- Restrict the visitors in your home to immediate family.
- If a family member is in self isolation or is being tested for COVID-19 they should **not** visit your home until their isolation period is over or they have been cleared by the Health Authority.
- Ask guests to wash hands upon arrival.
- Practice social distancing and keep visits short.

Social Distancing

- Where possible practice social distancing (2m or 6feet is the recommendation).
- Limit trips outside your home
- Avail of businesses who are offering free delivery services and curbside pick up.
- Wash your hands immediately every time you come home

Household:

- Avoid sharing household items (dishes, cups, utensils, towels etc.)
- Clean your home with regular household cleaners
- Frequently clean and disinfect regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables etc
- Wash laundry thoroughly- there is no need to separate the laundry
- Lining the wastebasket with a plastic bag makes waste disposal easier and safer
- Wash your hands after every task. You cannot wash your hands too much!

Be prepared:

- Ensure you have adequate cleaning supplies and hand soap available
- Ask your home care worker to help prepare extra meals for freezing so you have an adequate supply of meals in the event a home support worker is not available.
- Ensure you have an ample supply of your regular medication and cold and sinus medication

***Most Doctors are doing consults from home by telephone and other means, however if you have a medical emergency call 911.**

*If you think you have been exposed to COVID-19 complete the **Self-Assessment** tool on <https://www.811healthline.ca> or call **811** COVID-19 infection related questions.