

Self-Isolation in a Shared Home

Helpful guidelines on navigating self-isolation in a home shared with others with or without COVID-19. Find best practices for preventing COVID-19 spread in the home including how to social distance with household members, disinfecting your home, cleaning laundry, and more.



COVID-19: If You Are Sick or Caring for Someone

Guidance from the Centers for Disease Control and Prevention (CDC) on caring for yourself and others if you or others become sick with COVID-19. Find resources on what to do if you are sick, how to isolate if you are sick, when you can be around others again, and caring for someone at home.

Accessible from: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Fguidance-prevent-spread.html

If Someone is Sick at Home with COVID-19: Infographic

Infographic from the British Columbia Centre for Disease Control on what to do if someone is sick at home with COVID-19. This resource may be used to explain self-isolation to children or other family members.

Accessible from: http://www.bccdc.ca/Health-Info-Site/Documents/StoptheSpread_COVID-19_at_home.pdf

How to Isolate at Home When You May Have COVID-19

Resource from the Government of Canada on how to isolate at home when it is possible that you have been exposed to COVID-19. Find information on what isolation entails, how to limit contact with others, keep your hands clean, avoid contaminating common items and surfaces, care for yourself, and more.

Accessible from: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html>

COVID-19 Self-Isolation Sheet (English)

Infographic from Health Design Studio detailing how to self-isolate for COVID-19, how to isolate while living in an apartment or condo building, and living with others while being sick.

Accessible from: https://docs.google.com/document/d/1gtogspXrTc_tfrjAXjuiSOJd40quNCBdvDDtJQ32P3Y/edit

COVID-19 Self Isolation, Self-Management, and Safety Advice Infographics

A collection of printable infographics available in multiple languages from Health Design Studio on navigating the COVID-19 pandemic. Find information on how to test for COVID-19, terminology differences, physical distancing in apartments, details on hospital visitation, mask usage, and other safety protocols.

Accessible from: <http://www.healthdesignstudio.ca/covid-19-printables.html>

If a Parent or a Sole Caregiver has COVID-19

Information from the Centers for Disease Control and Prevention (CDC) for sick parents and caregivers with COVID-19. Provides age-specific information for younger and older children, staying safe in the home with a sick guardian, and quarantining with a temporary caregiver.

Accessible from: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/parents-caregivers.html>

People Who Use Substances: If You Are Quarantined or in Isolation

Harm reduction guidelines from the BC Centre for Disease Control for people who use substances, overdose prevention services and supervised consumption sites during COVID-19. Find details on practicing safer drug use to decrease transmission, accessing testing, responding to an overdose in the community, and workplace-specific information for overdose prevention personnel.

Accessible from: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations/people-who-use-substances>

Toronto Voluntary Isolation Centre Infographic (English)

An infographic from Toronto Public Health that is applicable if you or someone you live with has COVID-19, and you need a private space to self-isolate. Provides information on accommodations at the centre, meals and snacks, and a hotline contact number for further inquiries.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/12/946d-Torontos-Voluntary-Isolation-Centre-NOV-Banner-English.pdf>

211 Program: Government, Community-based, Non- Clinical Health and Social Services

A website from 211 describing their free and confidential services, which can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text, and web. During COVID-19, 211 can play an important role in helping you access social programs, such as getting groceries or running errands while self-isolating, assistance in applying for Government benefits, and accessing mental health services.

Accessible from: <https://211.ca>

Laundry and Hygiene During COVID-19

A list of guidelines from UNICEF on safely cleaning laundry and disinfecting your home during COVID-19. Find out how to clean laundry inside and outside the home, disinfect clothing and linens, safely prepare meals, and practice proper hygiene.

Accessible from: <https://www.unicef.org/coronavirus/cleaning-and-hygiene-tips-help-keep-coronavirus-covid-19-out-your-home#cleaning-clothes>

Cleaning and Disinfecting your Home When Someone is Sick with COVID-19

Guidelines from the Centers for Disease Control and Prevention (CDC) on how to adequately clean and disinfect your home when someone is sick with COVID-19. Learn how to clean soft, porous surfaces, electronics, laundry, and air ventilation systems to reduce airborne transmission of COVID-19.

Accessible from: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>