

Coronavirus (COVID-19) Isolation

If the person is diagnosed with COVID-19 or waiting for a lab result then that individual should stay home and avoid the contact with others to help prevent the spread of COVID-19 in your home and community.

Isolation:

What and why you need isolation?

You have

- Been diagnosed with Coronavirus (COVID-19)
- Symptoms, even if mild and are waiting to hear the results of a laboratory test for Coronavirus (COVID-19)
- Been advised to isolate at home for any other reason by your Public Health Authority

What to do in isolation?

- Stay at home until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others
- Avoid contact with other people to help prevent the spread of disease in your home and in your community, particularly those at high risk of severe illness such as older adults or medically vulnerable people
- Keep in touch with family members and friends by telephone, email or social media
- If possible, keep up normal daily routines; eat healthy and exercise

What to do if symptoms get worse?

- Seek immediate medical attention. If 911 activated, explain your symptoms and reason of isolation to the operator

For more information on Coronavirus (COVID-19) visit www.educateyourhealth.com