

# ISOLATION

What does this mean? What should you do if you have tested positive for COVID-19 or come into close contact with someone who has COVID-19?

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**INTRODUCTION:** In this video, we are going to describe the difference between self isolation versus isolation. We are also going to talk about what it means exactly. Then we'll share some information to minimize the risk of spreading the disease among those you live with.

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# PART 1: SELF-ISOLATION VS. ISOLATION

**Self-isolation** is if you are staying home because you have been around someone who may have COVID-19 or has been confirmed to have COVID-19.

- **You are required to self-isolate if you have had close contact with someone who has or is suspected to have COVID-19.**
- If you are exposed to COVID-19, you may get sick.
- When you get COVID-19, you may or may not show symptoms.
- If you are in self-isolation because you have been exposed to COVID-19, you will be closely monitored to see if you develop symptoms. You may be asked to be tested to see if you have been infected for your safety and the safety of those around you.
- This is **why** you should not continue to work or to leave your house if you have been in close contact with someone with COVID-19.

**Isolation** is when you are staying away from others because **you have tested positive for COVID-19 or have symptoms.**

- **If you have symptoms or have tested positive for COVID-19 you will be asked to isolate.**
- When you are sick with COVID-19, there is a chance you can give the sickness to your friends and family. **When you are sick, you should NOT work or come into contact with others.**
- Isolating means staying away from friends and family so that you do not give the infection to them.
- If you are not sick with COVID-19 but you want to stay away from people who are sick so that you do not get sick, you may want to self-isolate as described above.

**Both self-isolation and isolation are very important in trying to stop COVID-19 from infecting other people.**

# PART 1: SELF-ISOLATION VS. ISOLATION (CONT...)

Let's talk about why it's important to self-isolate and isolate:

- It is important to isolate if you have symptoms because you may give the infection to other people.
- It is important to isolate if you don't have symptoms but you have COVID-19 because you may give the infection to other people.
- It is also important to self-isolate even if you don't have any symptoms but have been in contact with someone who has COVID-19.



To recap:

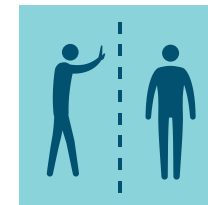
- Self-isolation is if you are staying home because you have been around someone who may have COVID-19 or has been confirmed to have COVID-19.
- Isolation is if YOU have tested positive for COVID-19 (or have symptoms).

In either case the main point is to isolate yourself from other people as much as possible to reduce transmission.

# PART 2: ISOLATION

Now let's talk about what isolation means exactly and how to keep your family safe at home.

- It means you **DO NOT LEAVE YOUR HOUSE.**
- If you have tested positive to COVID-19 and live with other people, you should remove yourself from the household to protect those in your family or those living in the household with you from getting COVID-19.
- There are hotel rooms being provided by the government for Cargill employees in Alberta, Canada for example who have tested positive to COVID-19 and/or for those who have been in close contact with someone who has COVID-19 and are considered high risk.
- During your time at the hotel, it is important to know you will not be able to leave your room for 2 weeks. You will be monitored, followed up on, and provided with meals.
- Choosing to isolate away from home may be the best case scenario and the safest option for those who live with you if you cannot safely isolate yourself at home.
- **It is important to know that if you have tested positive for COVID-19 but you are not feeling sick, there is still a risk to your family or household members.**



# PART 2: ISOLATION (CONT...)

## So let's now talk about how to safely isolate yourself:

If you do not have alternative housing to isolate yourself or are unable to leave your family and have to stay home:

You should avoid **ALL** direct contact with your family:



- Have your own room to isolate.
- Do not share common space such as living rooms.



- Do not share a bathroom
- Have meals separately from the rest of the family or household



- Wash your hands for more than 20 seconds with soap and water as often as possible.

Wipe surfaces that are touched regularly, as often as possible:



- Tables and countertops
- Door knobs
- Light switches
- Bathrooms (ideally not sharing a bathroom)
- Microwaves
- Fridge handles
- Cupboard handles
- Sink taps
- Etc.



If you must share a bathroom:

- Close the toilet lid before flushing.
- Try not to share toothpaste.
- Wash the toilet handle as often as possible.
- Wash your hands after using the bathroom.
- Try to have those with COVID-19 use the bathroom AFTER everyone else has used it.
- Do not share towels.

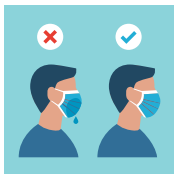
# PART 2: ISOLATION (CONT...)

So let's now talk about how to safely isolate yourself:

If you are sharing a common space, use a cloth mask.  
If you are using a cloth mask:



- Do not touch it.
- If you touch it, make sure you wash your hands right away.
- Do not share your cloth mask with other people.
- Wash it right away if soiled or stained.
- Ideally, it should be washed after each use.



Suggestions for cloth mask to use:



- 100% cotton mask
- Blended cotton mask

It is important to look into what community supports are available to you to help you isolate such as: delivery of food, medications, cloth masks, cleaners. Many community organizations are working together to help individuals and families to isolate themselves safely to prevent this disease from spreading.



# PART 3: SAFETY & PREVENTION AT HOME

As the final part of our isolation video, let's talk about some safety and prevention at home for you and your family or those living with you.

## Recommended disinfectants:

- Diluted household bleach. Prepare fresh daily; add 80 mL (1/3 cup) of 5% household bleach to 4 litres (16 cups) of water.
- Accelerated hydrogen peroxide (0.5%), used according to label instructions.
- >70% alcohol
- Commercial benzalkonium chloride (Lysol™, Mr. Clean™, Vim™, etc., antibacterial products).

## Cleaning your home:

- Use the “wipe twice” or 2-step process to clean and disinfect:
  - First wipe the surface thoroughly with soap and water to clean and remove soiling and debris.
  - Then wipe again with a clean cloth saturated in a disinfectant to destroy or deactivate COVID-19 and other microorganisms.
- Wash your clothes after each use.
- Wash your bed more frequently (at a minimum once per week).

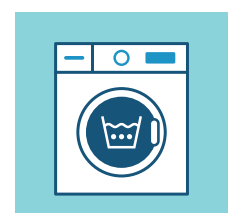


# PART 3: SAFETY & PREVENTION

## AT HOME (CONT...)

### Kitchen & Food Safety:

- Do not share cutlery, dishes, drinking glasses, cups.
- Try not to cook for other member of your households, especially if you have symptoms.
- If you absolutely have to cook:
  - Make sure you wash your hands properly before cooking and eating.
  - Avoid bare hand contact with food.
- Do **NOT** go grocery shopping.
- You can order take out as long as you do not have a direct contact with the person delivering food to you.
- If you do not know how to get food to you, we have food delivery supports.



### Laundry 101:

- Do not shake your clothes while undressing. Avoid quick movements while undressing.
- Consider placing worn clothes in a washable laundry bag and placing the entire bag in the washer.
- Machine wash on **warm or hot, normal or sanitize cycle**. Regular laundry detergent easily disrupts COVID-19.
- Dryer: Tumble dry normal or hot.
- Dry cleaning is not suggested.