



# DIRECTIONS TO FOLLOW FOR HOME ISOLATION

Always follow your health specialist directions – each situation is unique and can change. Only resume regular activities when your doctor tells you to.

Like all community member, it is important to keep practicing social distancing and apply the regular hygiene measures once your isolation is over.

## Stay at home

- Do not go to school, work, daycare or any public place.
- Do not visit other people or have people visit you.
- Have someone get your groceries for you (or contact your local store for delivery).
- Do not use public transportation.
- Only those who already live with you (and therefore have already been exposed at home) and your caregivers (if you need one) can stay in your house.
- Stay in one room in the house as long as possible and close the door.
- Eat and sleep in this room.
- When you use the bathroom, please ensure that it is disinfected after each use (this includes anything you may touch such as flush handle, toilet seat, faucets, valves (hot and cold water), bath/shower and doorknobs).  
Have your own roll of toilet paper kept separate from others.  
Flush the toilet keeping the toilet seat and the lid closed.
- Avoid contact with other people in the house as much as possible. If this is not possible, wear a mask to protect others. If a mask is not available, keep your distance by at least 2 meters (length of a dining table) between you and other people.
- Air out the home, especially the common areas (living room, kitchen, washroom), by opening the windows (weather- and temperature- permitting).

## Wear a mask

- Not everybody on isolation needs to wear a mask. If your individual situation requires that you wear a mask, the nurse will give you some.
  - You may be asked to wear a mask when someone is in the same room as you. If you are not able to wear a mask, the other person(s) should wear one.
  - You may be asked to wear a mask if you need to leave the house for a medical appointment.



## Cover your cough/sneeze

- Use a facial tissue (“Kleenex”) or other similar disposable tissue to sneeze, cough and blow your nose.
- Throw it out immediately in the trash and wash your hands right away.
- If you don’t have facial or other tissue, cough or sneeze into your elbow.

## Wash your hands often

- Wash your hands with soap and water, for at least 20 seconds.
- Use a single use paper towel or your own regular towel to dry your hands.
- If there is no soap or water available, use a hand sanitizer containing at least 70% alcohol.
- Wash your hands before and after eating, before and after going to the toilet, and every time your hands appear dirty.
- If you have an animal, wash your hands after handling.

## Do not share your personal objects

- Do not share plates, utensils, glasses, mugs, towels, sheets, clothes or any other object.

## Monitor your symptoms and take your temperature daily

A thermometer must be reserved for your use only, or disinfected before being used by someone else.

- Take your temperature every day, at the same time, and write it down.
- If you take a medication for fever such as acetaminophen (“Tylenol”), wait at least 4 hours before taking your temperature.

## If the following symptoms appear, or become worse, contact the Health-Line at [1-888-662-7482](tel:1-888-662-7482), or the 9090 if urgent :

- Fever (More than 38 °C or 100.4 °F);
- Cough;
- Shortness of breath, difficulty breathing, or chest pain;
- Loss of the sense of smell or taste;
- Diarrhea or vomiting;
- Unusual fatigue.

Don’t forget to tell the nurse that you are **under home isolation**.

Please, call the Health line (1-888-662-7482) before going to your local CLSC (Nursing Station); Do not show up without talking to the staff over the phone first.



## Social services are part of the COVID team

Social services in each community are there to support you, if you have needs related to your isolation. You may reach out to them, or they may contact you to check on practical needs you may have regarding housing, food security, caring for children or elderly, etc.

### Anxiety

- Is a normal reaction to stress or difficult times;
- Is triggered by a specific stressor;
- Has a start and ending point, etc.

If you feel stressed or anxious or just need to talk, contact our COVID support phone, from Monday to Friday - **1-833-301-0296** (English, French and Inuktitut).

## INFORMATION FOR OTHERS WHO MAY BE WITH YOU

If your loved ones need to help you with your daily activities (ex: helping you eat, going to the bathroom, helping you move around, etc), it should be the same person who is helping you, throughout.

This person should be in good health and not have any chronic illness (such as diabetes, high blood pressure, or asthma, etc) or be under treatment for Sleeping or Active TB and should not be in treatment for cancer, or be prescribed many medications.

When this person is in the same room as you, **you should wear a mask.**

Before helping you, this person must:

- Wash their hands;
- Wear a mask;
- Put on disposable gloves.

Before and after your care, s/he should not touch their face with their hands.

After helping you, the person must:

- Take off and throw away their gloves in a closed garbage bin, away from reach of children;
- Wash their hands;
- Remove and throw away their mask in a closed garbage bin, away from reach of children;
- Wash their hands again.



## Precautions to be taken by the person who does the washing and house cleaning

Place sheets, towels, and dirty clothes that may contain the secretions or stools of the person under isolation in a plastic or cloth laundry bag. These can be washed with other household member's clothes; however, the following precautions must be taken:

- Wash in hot water;
- Wear disposable gloves (avoid direct skin/clothes contact with the clothes, sheets and towels of the sick person);
- Do not shake the laundry bag or dirty clothes.

The trash of the person who is possibly infected, may be thrown out in a garbage bin with a bag (ideally with a cover). When its full, tie the garbage bag tightly and throw it out with the rest of the household garbage.

Wash your hands with soap and water after any contact with the person who is under isolation, or with the objects or surfaces they may have touched (remote controls, electronic devices, telephones, night table, dishes, etc).

Wash your hands before and after preparing food, before and after eating, and before and after using the washroom, and each time your hands appear dirty. If you don't have access to soap and water, use an antiseptic product that contains at least 70% alcohol.

The used utensils and dishes of the person who is under isolation should be washed with regular dish soap and water.

### Clean and disinfect at least once a day:

- The surfaces frequently touched by the sick person (ex: hand rails, telephones, electronic devices, light switches, doorknobs, night tables, bed frame and other bedroom furniture);
- The bathroom and toilet;
- If possible, the sick person should clean and disinfect their own personal space.

Recipe for cleaning product, if none available:

To disinfect, you can prepare a mixture of 1 part bleach (5%) and 9 parts water.

Example: 50 ml bleach 5% (1/4 cup) plus 450 ml water.



# COVID-19 AND HOME ISOLATION

## What is COVID-19?

The new coronavirus is a virus that causes respiratory infections and is known as COVID-19 (for COronaVirusDisease 2019).

## What are the symptoms?

The main symptoms are fever, cough, difficulty breathing, loss of the sense of smell or taste. Other symptoms can appear such as fatigue, chest pain, nausea, vomiting/diarrhea, headaches or muscular pains.

## How does it spread?

The virus is spread from one person to another by contact with the droplets that are pushed by the mouth and falls on surfaces when an infected person talks, coughs or sneezes. It is also possible for the virus to be spread by stool.

## Why is home isolation required?

To prevent the spread of the illness to other people, especially to elders and with chronic illnesses.

## When can we stop home isolation?

When the doctor advises you that it is no longer necessary.

## Do you have more questions on COVID-19?

Call the COVID-19 INFO LINE: 1-833-301-0296

Monday to Friday: 9am to 5pm

NRBHSS agents are available on the COVID-19 general info line. The line is to keep Nunavimmiut informed and answer general questions (e.g. anxiety and stress related to COVID-19.)

# GETTING SUPPORT – other resources

## Intimate partner violence

Remember that there is always help for Nunavimmiut

The Nunavik Women Shelters are open, contact KRPF and/or Social Services: \* Initsiaq (Salluit) \* Ajapirvik (Inukjuak) \* Tungasuvvik (Kuujjuaq) \* If you are in immediate danger, contact KRPF 24/7 Phone line SOS Conjugal Violence - 1 800 363-9010 24/7 Phone line for Victims of Sexual Assault – 1 888 933-9007

## Friendly call-back:

If after your call you wish for someone to follow-up on you a few days later we are there for you!

Reach Out Nunavik Facebook Page: <https://www.facebook.com/reachoutnunavik/>

## Do you know Réseau QAJAQ Network ?

They deliver assistance to men who are experiencing personal difficulties and organize outdoors activities. They are there and available in this COVID-19 stressful period: Here are their 2 numbers: 1-877-964-0770 (Ungava); 1-877-350-0254 (Hudson).

- COVID-19 can create stress or anxiety. It is important to take care of your physical health and mental wellness during this time of crisis.

<https://www.facebook.com/NunavikHealthBoard/>  
<https://nrbhss.ca/en/coronavirus>

