



COVID-19: HOW TO ISOLATE?

March 21st, 2021

N.B.

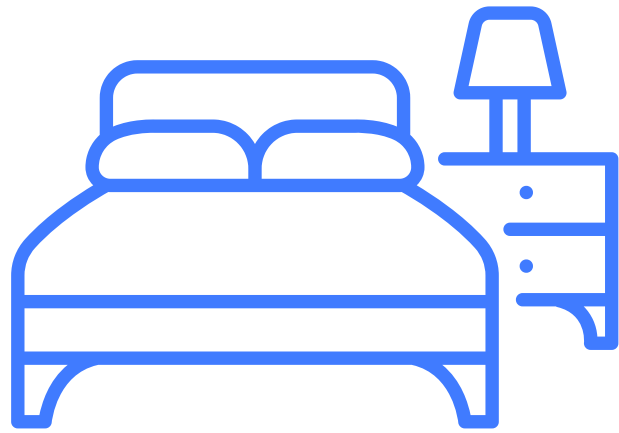


Some people cannot stay in a room on their own. The safety and well-being of your family should be the priority when organizing isolation. Children, elders needing care and family members going through mental-health problems may need to isolate with a loved one or a caretaker.

When organizing isolation with your family members, make sure that you protect the most vulnerable and that everyone is comfortable with the plan.

STAY HOME

Directions to follow for home isolation



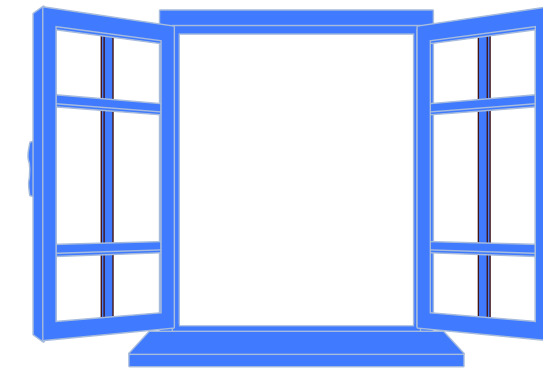
- Stay in one room in the house as much as possible and close the door.
- Eat and sleep in this room.



Have someone get your groceries for you (or contact your local store for delivery).



- Disinfect the washroom after use
- Have your own roll of toilet paper kept separate from others.
- Flush the toilet keeping the toilet seat and the lid closed.

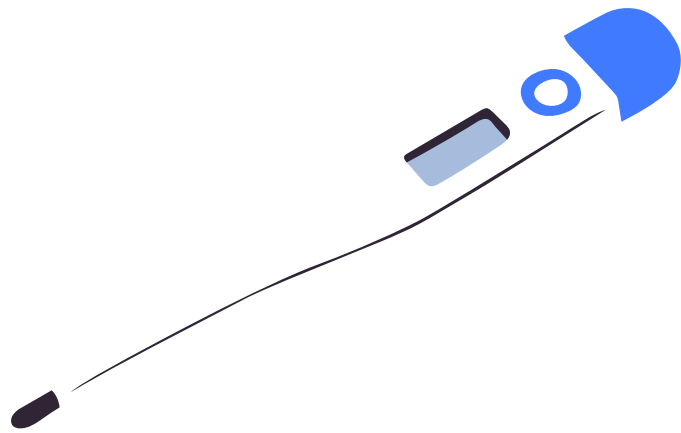


Air out the room by opening the window.



Only those who already live with you and caregivers can stay in the house.

CONTINUE TO RESPECT MEASURES



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

Track your symptoms. 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.

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 touching it.



AVOID CONTACT WITH OTHER PEOPLE

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 a minimum distance of 2 meters (length of a dining table) between you and other people.

Wear a mask:

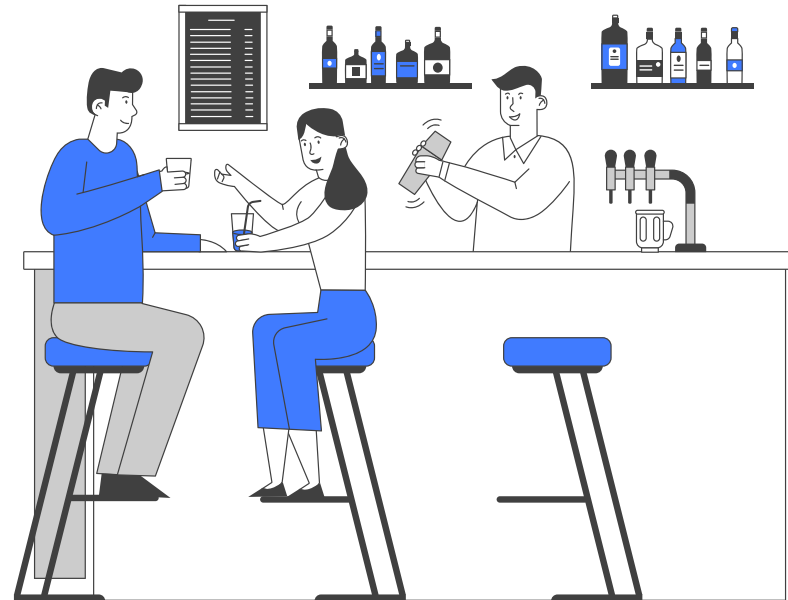
- when someone has to be in the same room as you
- when you leave for a medical appointment



DO NOT



Share personal object



visit people

or have people visiting you



Go to public places

- daycare
- school
- grocery
- work
- etc.

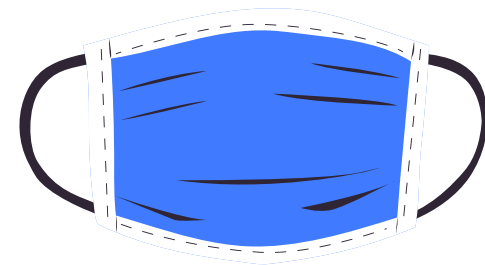
CAREGIVER OF AN ISOLATED PERSON

Who can help?

If your loved ones need to help you with your daily activities (e.g., helping you eat, go to the bathroom, move around), it should be the same person who is helping you throughout. This person should be in good health, not have any chronic illness (such as diabetes, high blood pressure, asthma, etc.), not be under treatment for sleeping or active TB or cancer and not be prescribed many medications.



How to give care to someone in isolation



When in the same room,
WEAR A MASK



Before helping

- Wash your hands;
- Wear a mask;
- Put on disposable gloves.
- Before and after your care, you should not touch your face with your hands.

After helping

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



How to do the washing and cleaning?

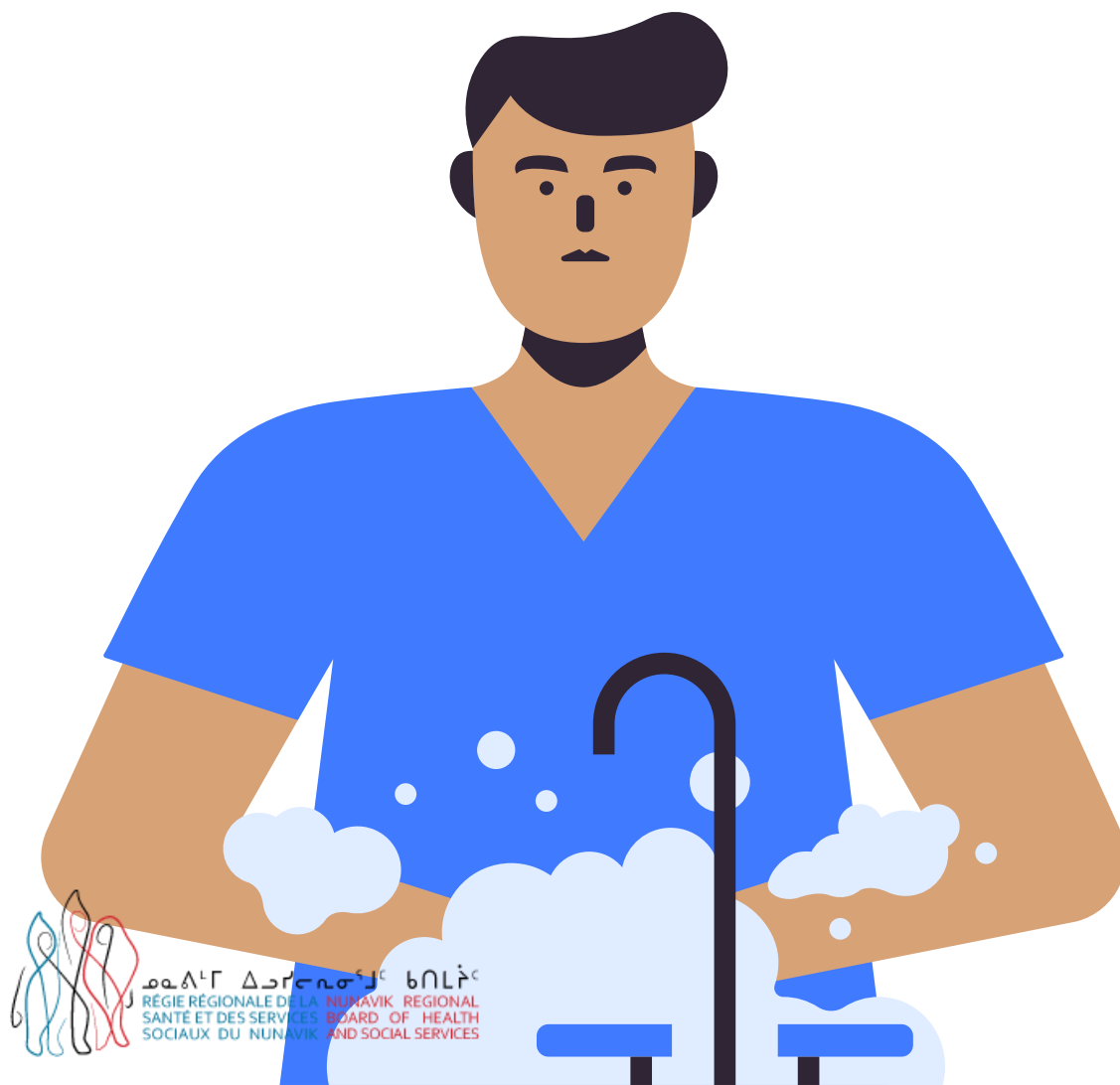
Place sheets, towels, and dirty clothes that may contain the secretions or stools of the person under isolation in a plastic or cloth laundry bag. These can be washed with other household members' clothes, but:

- Wash in hot water;
- Wear disposable gloves
- Do not shake the laundry bag or dirty clothes.



Trash

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 it is full, tie the garbage bag tightly and throw it out with the rest of the household garbage.



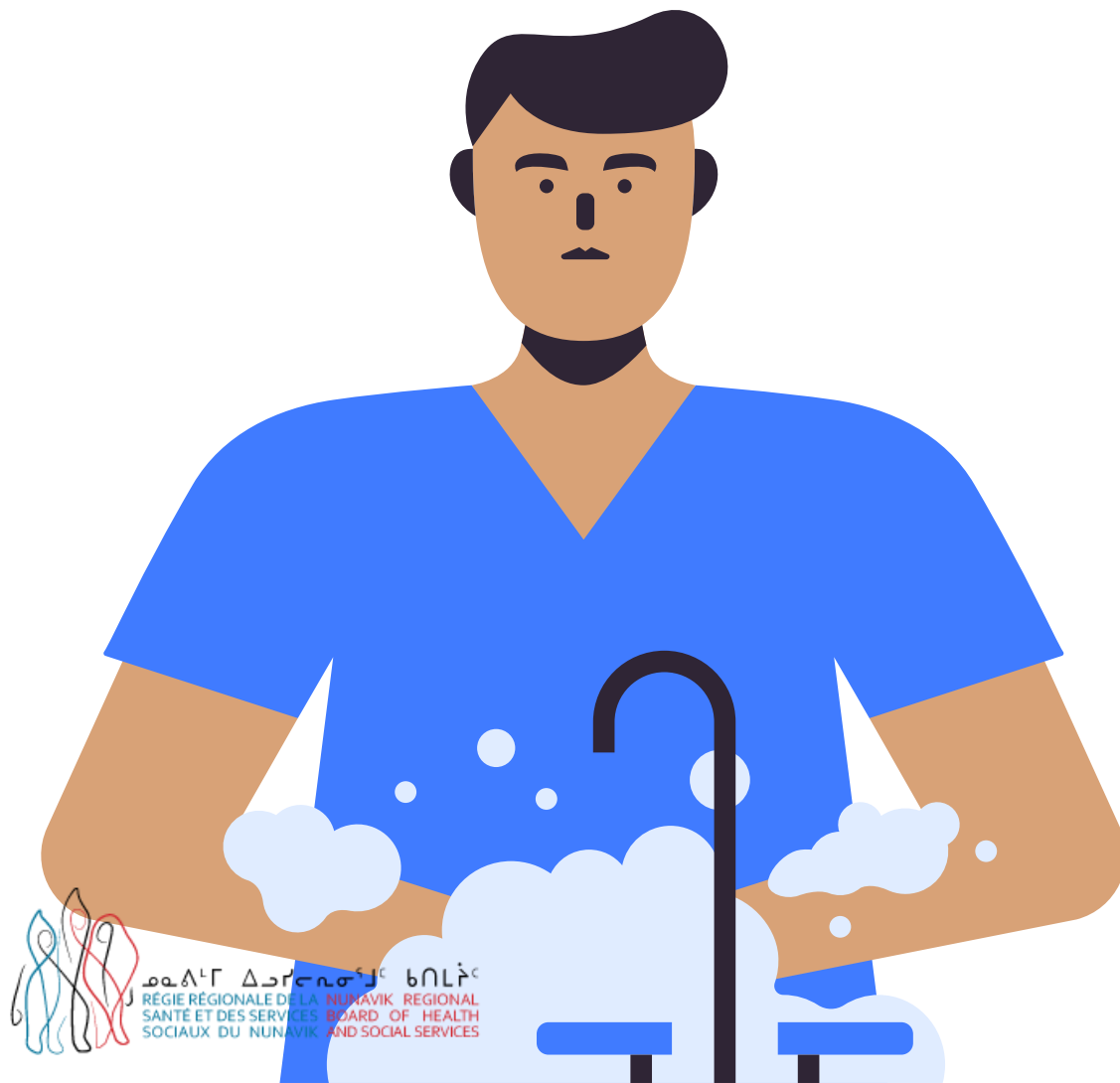
Recipe for a cleaning product

Prepare a mixture of:

1 part bleach (5%)

9 parts water.

Example: 50 ml bleach 5% (1/4 cup)
plus 450 ml (2 1/4 cup) water



Clean and disinfect at least once a day.

- The surfaces frequently touched by the sick person (e.g., 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.



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.)
- before and after preparing food, before and after eating
- before and after using the washroom
- 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 should be washed with regular dish soap and water.



ANXIETY

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

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.

Call the COVID support phone:

1-833-301-0296

Monday to Friday
English, French, Inuktitut





OTHER RESOURCES

Intimate-partner violence

The Nunavik Women shelters are open
Contact the KRPF and/or Social Services: *
Initsiaq (Salluit) * Ajapirvik (Inukjuak) *
Tungasuvvik (Kuujjuaq) * If you are in
immediate danger, contact the 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

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).

Friendly call-back

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

Reach Out Nunavik Facebook Page:
facebook.com/reachoutnunavik