Demystify isolation: The guidelines

part 1: How long to isolate?
part 2: How to isolate?

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Demistify isolation: The guidelines

If the following symptoms appear, or become worse, contact the Health-Line at 1-888-662-7482, or the 9090 if urgent

What is the COVID-19?

The new coronavirus is a virus that causes respiratory infections and is known as COVID-19.

How does it spread?

The virus spreads mainly through droplets or aerosols that are projected in the air and on surfaces when a person talks, breathes, coughs or sneezes. It is also possible for the virus to be spread by stool.
Vaccinated individuals are less likely to catch COVID, but if they do
catch it, they can still transmit it to others.

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.

Why is home isolation required?

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

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HOW DO I KNOW I NEED TO ISOLATE?

Infected individuals and their close contacts

1- Someone will you to tell you that your test was positive.
2- You will be informed that you are a significant contact needing isolation by either:

- the person who is infected. This person may call her close contacts herself and ask them to get tested, isolate and expect a call from Public Health;
- A public-health officer or the nurse from your CLSC.

3- You are feeling sick.

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HOW LONG TO ISOLATE?

Part 1

featuring : Maggie

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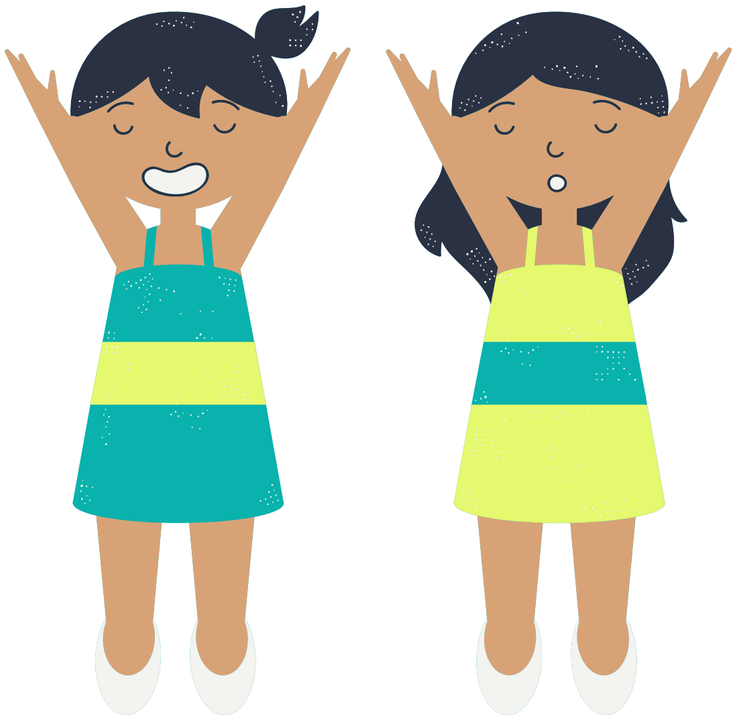
Maggie

TESTED POSITIVE

beginning of symptoms + 10 days

Maggie is 5, she was tested as part of school screening and her test is positive. Her mom noticed she had been coughing since October 26. Isolation for Maggie is October 26 + 10 days. Her last day of isolation will be on November 5.



Josie
PLAYED WITH MAGGIE

Day of contact with contagious Maggie + 10 days

The last day of school for children in Maggie's class was October 25. Maggie was contagious 2 days before symptoms started (Oct. 24). Children in her class were in close contact with her while she was contagious, on the 24th and 25th. Children in Maggie's class will be asked to stay in isolation for 10 days, starting on the 25th. Their isolation will be lifted on November 4th after their test has confirmed they are negative.
If Josie played with Maggie on the 26th in her home, her isolation starts on the 26th for 10 days and her last day of isolation will be on November 5th after her second test has confirmed that she is negative.

For someone who lives in the same house as an individual who tested positive, the last day of contact with the infected person is when we start counting their "10 days." Isolation of a contact in the same house = isolation of the infected person + 10 days.

Same houslehold

LIVING WITH MAGGIE

Maggie recovered + 10 days

Maggie's parents, Lucy and Bobby, and her sister Sarah are living together as a family while Maggie is isolating. They have decided to isolate together. They will be in contact with Maggie and they can get infected throughout Maggie's 10-day isolation. Thus, their isolation must continue 10 days after Maggie has recovered. If so, their last day of isolation will be on November 15, after their last test has confirmed that they are negative.

Those who were not in close contact with the individual who tested positive may be offered a test. They must be careful until they get their result, but they are not required to isolate.

Same houslehold living with Maggie

BUBBLE

Maggie recovered + 10 days

Maggie is 5; she should not be alone in a room for 10 days. Families with young children can choose to stay together during the child isolation, while other may chose to organize the household so vulnerable people are protected from a contagious child by creating “bubbles.” The public-health nurse will guide you through this decision, and teach you ways to reduce the risk of spreading the infection within your family.

Johnny

IS AT MAGGIE'S SCHOOL

Play safe! No isolation

Johnny attends the same school as Maggie's but is not in her class. He did see her in the gym but it was only for 2-3 minutes while putting boots on. He is not a close contact. His parents were contacted for a school screening and Johnny tested negative. Johnny is not in isolation. His parents decided to be careful and not have his grandmother babysit him until he has his result, to be on the safe side.

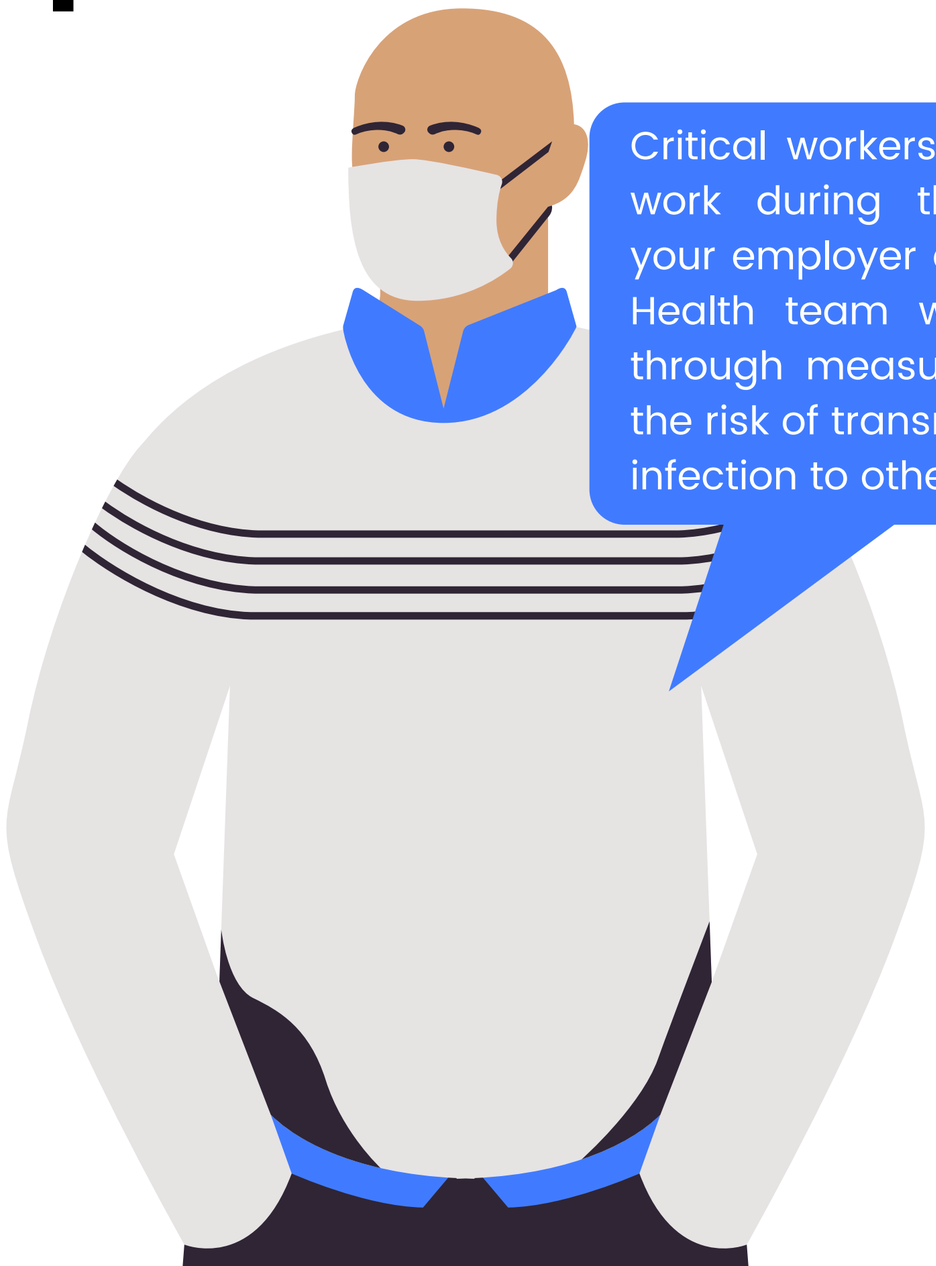
Consult a health-care profesional

DEFICIENCY IN YOUR IMMUNE SYSTEM

Isolation is longer. Please consult a Health Care Professional. Public Health will advise on isolation.

STILL SYMPTOMATIC

A nurse will also make sure that you are feeling better before isolation is lifted, to make sure that you are not contagious anymore.



Critical workers may need to work during their isolation,; your employer and the Public Health team will guide you through measures to reduce the risk of transmitting the infection to others.

HOW TO ISOLATE?

Part 2

N.B.

Some people cannot stay in a room on their own. The safety and wellbeing 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.

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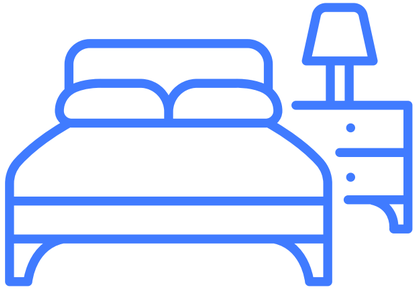
STAY HOME

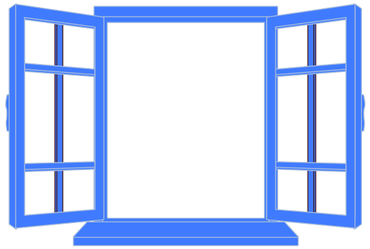
Directions to follow for home isolation



- 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.

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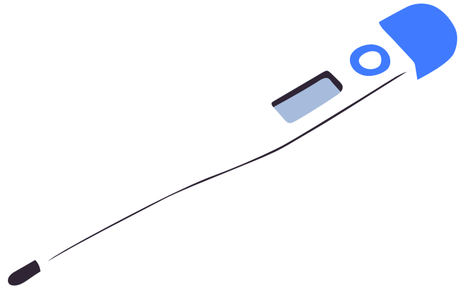
CONTINUE TO RESPECT MEASURES



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 sanitize 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.

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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

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DO NOT

Share personnal object

visit people

or have people visiting you

Go to public places

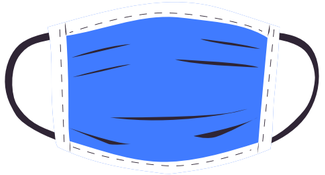
- day -are
- school
- grocery
- work
- etc.

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.

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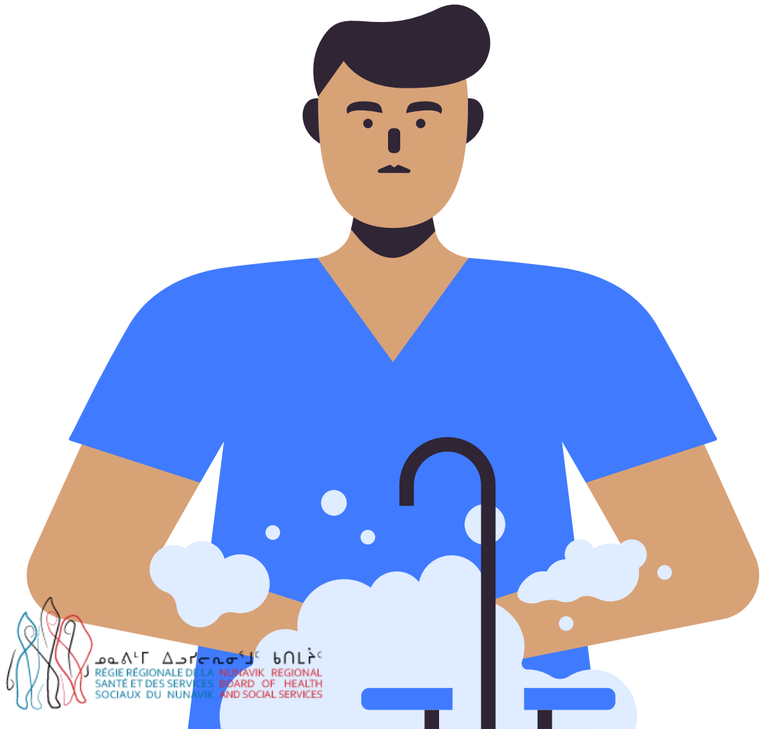
How to do the washing and cleaning?



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.

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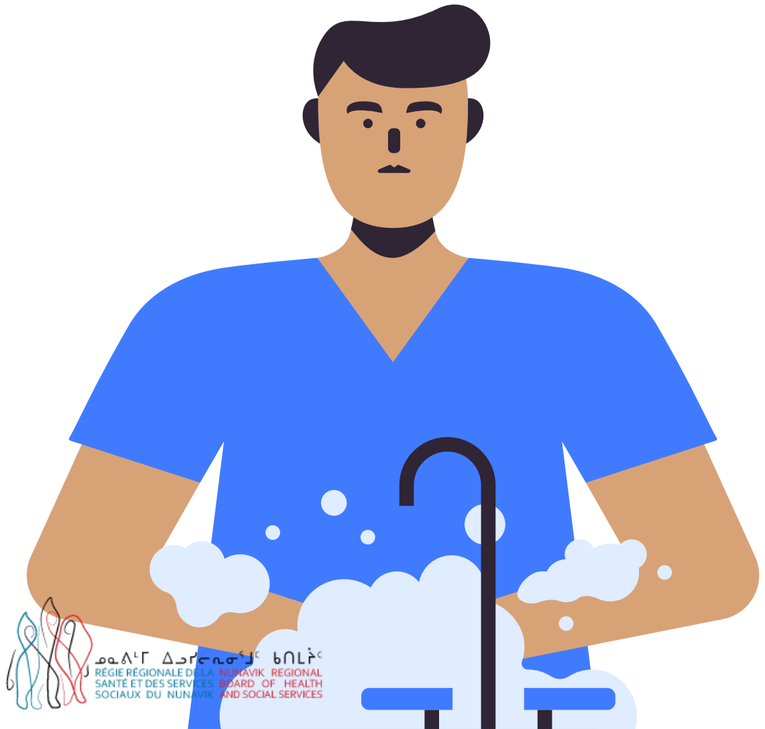
Recipe for a cleaning product

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.

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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

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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:
hwww.facebook.com/reachoutnunavik/