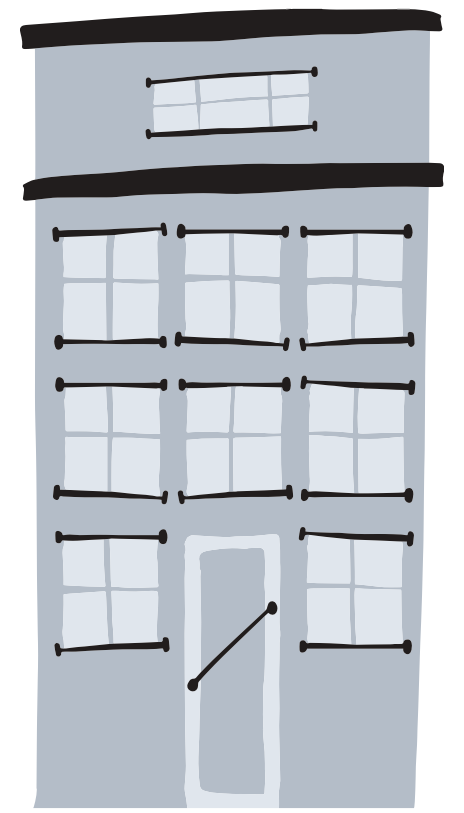
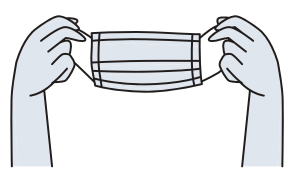


How to self-isolate for COVID-19 when living in shared housing

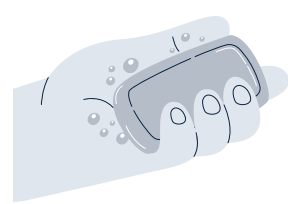


Self-isolate if you have symptoms of COVID-19, you've had contact to COVID-19, or after travel outside of Canada. Symptoms include: fever, cough, difficulty breathing, nausea, diarrhea. If you have symptoms, get tested at your clinic or at 611 Powell St.

Stay in your room as much as you can



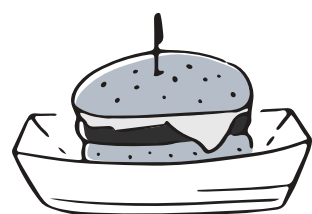
Wear a mask when out of your room



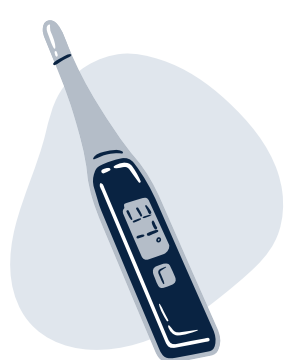
Wash hands often with soap and water or hand sanitizer, especially when coming in or going out of your room



Wipe shared surfaces (i.e. doorknobs, faucets) with disinfectant after touching



Arrange for food to be delivered at your door if you can



Monitor your symptoms - if they get worse, seek medical help

When is isolation over?

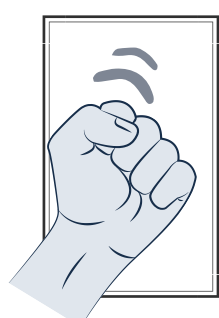
If your test is negative and your symptoms are mild: isolate until your symptoms are gone.

If your illness gets worse: go back to your clinic or testing site. You might need a second test.

If you have symptoms but haven't had a test: isolate until 10 days after your symptoms started AND your symptoms are gone. (A dry cough that last more than 10 days is ok).

If you traveled outside Canada or are a contact to COVID-19: isolate for 14 days from your last day of contact/travel.

If you use substances



- Avoid using alone - ask someone to check on you when you are using - even through the door



- Wash your hands before you use

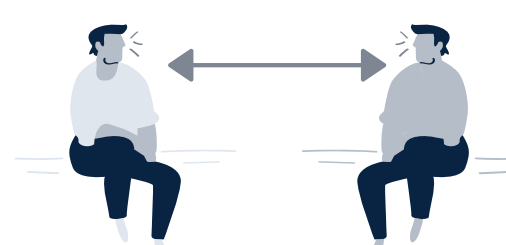


- Ask your clinic about safer supply, or contact the Overdose Outreach Team at 604.360.2874

Try to stay away from other people



Schedule daily phone check-ins with family or a buddy



If you do have someone in your room, stay 6 feet apart or wear a mask