

September 19, 2020

We wanted to provide some details on isolation procedures for COVID-19. Vancouver Coastal Health (VCH) Public Health is closely following everyone who has tested positive for COVID-19 in the Powell River area including Tla'amin Nation members.

People who have tested positive for COVID-19 and people who are close contacts who may be at risk for developing COVID-19 have been contacted by VCH Public Health and have been directed to isolate to help prevent further spread.

Self-isolating at home is the best way to prevent the spread of contagious respiratory illnesses, including COVID-19.

Who needs to self-isolate?

You need to self-isolate if:

- You are experiencing symptoms of COVID-19, such as fever, coughing, diarrhea, and/or difficulty breathing
- VCH has identified you as a close contact of someone diagnosed with COVID-19 and directed you to isolate
- You live in the same household as or are an intimate partner of a person with COVID-19

If you have been exposed to COVID-19

If you have been exposed to the COVID-19 virus, you will be contacted by VCH's Public Health team through a process called contact tracing. This means you are a contact of a person who has tested positive for COVID-19.

If you do not have symptoms, you will be asked to self-isolate so if you develop COVID-19, you won't spread it to others in the community.

Self-isolation dos and don'ts

- Stay at home. Do not go to work, school, or public areas; do not use public transportation or taxis.
- Wash your hands or use alcohol-based hand sanitizer often.
- Ask friends or relatives if you need help with buying groceries, other shopping or picking up medication. Or you can order groceries and medication by phone or online.
- Do not have visitors in your home except if they are providing care or delivering goods and supplies, and in that case, maintain a distance of 2 metres.
- Clean and disinfect high-touch surfaces.
- Self-isolation can end after 14 days if you have not developed any symptoms.

For more info on self-isolation dos and don'ts see: http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_dos_donts.pdf

How long to self-isolate?

- 14 days (incubation period) - If you have had contact with a suspected case of COVID-19 or are returning from travel outside of Canada, you must self-isolate for 14 days (incubation period).
- 10 days (contagious period) - If you are experiencing symptoms and have tested positive for COVID-19, you will be directed to self-isolate at home for at least 10 days from the time that your symptoms started.

After 10 days, if all your symptoms have resolved except for a cough, you will be told by Public Health that you can stop isolating.

Coughing may persist for several weeks.

If you still have symptoms other than a cough at 10 days, you may be directed to stay at home until these symptoms resolve and to seek medical care if they do not.

If at any time during self-isolation your symptoms get worse and you are having difficulty breathing, seek urgent medical care.

How to self- isolate if you live with others

It is better if those you live with can stay somewhere else, especially if they have a weak immune system or chronic health conditions, but we know this is not always possible.

If you need to share a home, stay and sleep in a room with that is away from others. Use a separate bathroom if you can.

Wear a face mask (surgical/procedure mask) if you are in the same room with anyone.

Avoid face-to-face contact; friends or family can drop off food outside your room or home.

If you are a caregiver to someone who has tested positive for COVID-19 or who has respiratory symptoms, see this guide: http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_caregivers.pdf

Learn more

- VCH.ca - COVID-19: <http://www.vch.ca/covid-19>
- VCH.ca - COVID-19 self-isolation: <http://www.vch.ca/covid-19/about-covid-19/self-isolation>
- VCH.ca - How to self-isolate: <http://www.vch.ca/Documents/How-to-self-isolate.pdf>
- VCH.ca - How to self-monitor: <http://www.vch.ca/Documents/How-to-self-monitor.pdf>
- VCH.ca - Guide for caregivers & household members of those with COVID-19: <http://www.vch.ca/Documents/Guide-for-caregivers-COVID-19.pdf>
- BCCDC.ca - Self-isolation: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>

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