

## PRACTICES FOR THE QUARANTINED PERSON

The novel Coronavirus exposed person must remain at home until the 14-days have lapsed. Care givers should be provided if person is unable to adequately help themselves eg. *Children and elderly.*

### The quarantined person should:

- STAY alone in a well-ventilated room
- ALWAYS cover their cough or sneeze with a tissue and throw it away in a covered bin.
- WASH hands using soap and water before and after using the bathroom, coughing and sneezing
- AVOID touching eyes and mouth especially after sneezing or coughing.
- HAVE LITTLE or no contact with other members of the household and restrict visits from friends/family.
- RESTRICT members of the household from utilizing the same bathroom
- Infection and Prevention Control Measures must be practiced at the home of the person quarantined. This will prevent the spread of the virus if the person is infected.
- Practices for the quarantined person
- Practices for all other members of the household
- Environmental Controls

Quarantined persons can be released from quarantine if no symptoms show within 14 days and consultation between Ministry of Health and Wellness and the local Health Department have confirmed their release.



Management Of Persons In Self Quarantine for Exposure To

# NOVEL CORONAVIRUS



**#ProtectYourselfFromCoronavirus**  
**#StayCoronavirusFree #KeepHealthy**

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## PRACTICES FOR THE QUARANTINED PERSON

### WEAR a mask if:

- it is critical to access common areas of the household;
- travelling outside of the home (This movement should be cleared with the Health Department prior to leaving).

### MASKS should NOT

- be touched or handled during use;
- get wet or dirty with secretions; if so, it must be changed immediately.

### Discard the mask after use and wash hands after removal of the mask



### If the affected household member develops symptoms of acute respiratory infection, including fever, cough, sore throat and difficulty breathing, then:

- Contact the emergency services or the local Health department immediately.
- Wash hands with soap and water, and put on a mask.
- Await help.

## ENVIRONMENTAL CONTROL

### CLEAN the following used by exposed persons:

- **Surfaces** that are touched regularly (such as the door handle, light switch, bedside table, toys and phones used) with mild disinfectants such as Lysol, Pine-sol & 62-70% Alcohol. Clean daily and allow to air dry.
- **Floors** - clean weekly using soap and water first, and then use mild disinfectant like Pine-sol or 5% bleach (Ajax, Chloro-do, etc.) after and allow to air dry. Mix one cup bleach to nine cups of water in a bucket for mopping.
- **Linen**- change and wash weekly.

**N.B.** Use a pair of industrial gloves while undertaking all cleaning procedures. Gloves can be discarded or placed outside to air dry.

Two (2) cleaning rags, a mop and bucket must be dedicated to bathroom and bedroom used by the exposed person. Supplies should not be used to clean any other area.

