



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health

Dos and don'ts of self-isolation

For people who may have been exposed but do not have symptoms

May 22, 2020

If you have come into contact with an infected person, you are required to self-isolate. This does not necessarily mean that you have COVID-19, but you are at risk for developing the disease and passing the infection on to others.

As of March 25, 2020 it is mandatory Under the [Quarantine Act](#) that anyone arriving in British Columbia from outside of Canada to [self-isolate](#) and monitor for symptoms for 14 days upon their arrival and [complete/register a self isolation plan](#).

There are some [individuals who are exempt from this order to provide essential services](#), but they still require a self-isolation plan and need to self-monitor for symptoms.

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- ✓ Do stay home for 14 days
 - Work from home
 - Use food delivery services or online shopping
 - ✓ Do keep in contact with friends
 - Use technology, such as video calls, to keep in touch with friends and family
 - Host virtual meetings, hangouts, family dinners or playdates for your kids
 - ✓ Do get creative to prevent boredom in kids
 - Get creative by drawing, painting or running backyard obstacle courses and games
 - ✓ Do monitor your symptoms
 - If you develop symptoms, you should get tested for COVID-19 at a [collection centre](#)
 - If you are unsure or have questions, you can use the COVID-19 Self-Assessment tool by visiting [bc.thrive.health](#) or call 8-1-1 for advice.
 - If you are having trouble breathing, call 9-1-1
 - If travelling by ambulance, notify the dispatcher that you may have COVID-19
 - ✓ Do protect others
 - Wash your hands frequently (hand hygiene)
 - Cough into your sleeve (respiratory etiquette)
 - Keep 2 metres away from others (physical distancing)
 - Greet with a wave instead of a handshake, a kiss or a hug
 - ✓ Do continue to exercise
 - Exercise at home
 - Go outside for some fresh air, a run, bike ride, rollerblade, snowshoe, walk the dog or get the mail – ensuring you stay 2 metres away from others
 - ✓ Do clean all high-touch surfaces
 - High-touch surfaces: toilets, bedside tables and door handles should be cleaned daily using a store bought disinfectant. If not available use diluted bleach solution, one part bleach to 50 parts water (e.g. mix 10ml bleach with 500ml water), and allow the surface to remain wet for 1 minute
 - If they can withstand the use of liquids for disinfection, high-touch electronics such as phones, computers and other devices should be disinfected with 70% alcohol
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- ✗ Do not go to school, work or other public areas
 - (e.g. malls, fitness centre, place of worship)
 - ✗ Do not have visitors
 - Except for individuals providing care or delivering food/supplies, and in that case, maintain a distance of 2 metres
 - ✗ Do not use public transportation
 - ✗ Do not share personal items with others
 - Including toothbrushes, towels, linens, thermometers, cigarettes, unwashed utensils, and electronic devices (such as phones and computers)
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If you develop symptoms of COVID-19, continue to isolate for a minimum of 10 days after onset of symptoms. People who have been exposed to a case of COVID-19 and those who are returning travellers must continue to isolate for 10 days from when your symptoms started OR 14 days from when you started self-isolating, whichever is later. If your condition worsens, contact your family doctor or call 8-1-1.

Frequently asked questions

What is the point of self-isolation?

This is one way every Canadian can help slow the spread of this virus in their community and protect their friends, family, and health care workers.

Why should I self-isolate myself for 14 days if I don't have symptoms?

You can be sick and not know it yet. It is important to stay at home because you can develop symptoms at any time.

Can I go to work?

No. You could put your co-workers at risk. Many employers have made arrangements for working from home.

Can I use taxis/public transit/ride share?

No. You cannot ensure sure that you are 2 metres form other people. Using taxis, public transit, and ride shares puts the public at risk.

Should I go to a medical appointment?

If you must seek medical care, wear a mask. Try to expose as few people as possible and notify your health care provider in advance so they can make arrangements to see you safely. Walk or drive yourself to your appointment if possible.

Can I go for a walk outside?

Yes. It is important to continue to exercise. BUT it is important that you avoid crowded areas and stay at least 2 metres from other people. You should wash your hands before you leave your home and when you return.

Can I go to the pharmacy to pick up my medication?

No. If you need medications, use a pharmacy delivery service or ask a friend to pick them up and bring them to your home.

Can I get the mail and newspaper?

If your mail is delivered directly to your house, it is ok to go to your mailbox. Make sure you wash your hands. If your mail is delivered to an apartment or community mailbox, or the post office, ask a friend to pick-up and deliver to you.

Can I go through a drive-through for coffee/food?

No. There is a risk of infecting other community members, including food service workers. Use delivery services or ask someone to deliver coffee or food to you.

Should I cancel my haircut/pedicure/spa treatment?

Yes. These are examples of non-essential appointments. You would be exposing your service providers and the public to unnecessary risk.

Can I have visitors?

No. Use technology, such as video calls, to keep in touch with friends and family.

Can I have playdates for my kids or playdates in my home?

No. Consider novel ways to keep in touch like virtual meetings, hangouts, family dinners or playdates for your kids.

Can children play outdoors together? Can my child have a sleepover with children who are also self-isolating?

No. Children need to keep 2 metres away from other people.

Learn more at bccdc.ca/covid19

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