

# When and How to Self-Isolate

## Who Needs to Self-Isolate?

- Individuals advised by Public Health, a health-care provider or a peace officer, including confirmed cases of COVID-19 **MUST** self-isolate.
- Individuals who have **TWO OR MORE** of the following symptoms **MUST** self-isolate until they have a negative COVID-19 test result:



Fever



Cough (or worsening cough)



Diarrhea



Loss of sense of smell and taste



In children, purple markings on the fingers and toes



Runny nose



Sore throat



Headache



Muscle pain



Fatigue/exhaustion

- Travellers ordered to self-isolate will receive daily automated calls for the duration of the isolation period. It is very important that you answer these calls and respond accordingly.**

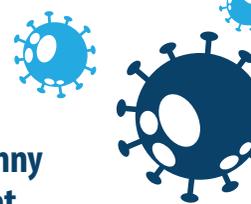
The call will display as "COVID-19 NB" and will not ask for any personal information. In cases where travellers do not answer the follow-up calls, their case will be directed to law enforcement for follow-up to ensure compliance.

- Individuals who have travelled outside of New Brunswick in the past 14 days for reasons other than work, medical or child custody **MUST** self-isolate for 14 days from the time of arrival in New Brunswick. You are required to self-isolate completely separate from others (ie. hotel, Airbnb, granny suite, separate living quarters with separate kitchen and bathroom).
- If you are entering New Brunswick as an international traveller, whether directly or as a final destination, you must complete a 14 day self-isolation.
- Medical Officers of Health may extend the period of self-isolation for an individual or household.

## I have not travelled; do I need to self-isolate?

- Household members **MUST** self-isolate if:
  - they cannot remain separated from another household member who is self-isolating. For example, several people in a shared small space.
  - the person self-isolating is unable to follow the guidance outlined in this document. For example, a parent caring for a young child.
- If someone in a household has travelled outside of New Brunswick for any reason, every household member **MUST** monitor for symptoms for 14 days. If anyone develops symptoms of COVID-19, all household members **MUST** self-isolate and the symptomatic person needs to get tested for COVID-19.
- This means that if someone in the household develops COVID-19, it could extend the isolation period for the entire household beyond the 14 days.**

# How to Self-Isolate



The safest option for self-isolation is in separate living arrangements i.e hotel, Airbnb, cottage, granny suite, separate living quarters with separate kitchen and bathroom.\* Self-isolation means staying at home and avoiding contact with other people to help prevent the spread of disease to others in your home and your community. You must take the following measures.

\*If unable to do this, the following measures are how to self-isolate properly in a household.

## Stay home:

- Do not leave your home/property unless to escape danger or to seek emergency medical care.
- Do not go to school, work, etc. You may go outside on your balcony or into your yard.
- You are not permitted to go for walks, except on your own property.
- You are not permitted to go for a drive, even if alone in the car.
- Make arrangements for food and other necessities to be delivered.



## Limit contact with others:

- Visitors are not permitted, even if outside and maintaining two metre distance.
  - Do not spend time in the same room (watching TV for example), even with a mask on.
  - Do not use common areas that are shared with other households, for example laundry rooms and outdoor areas in an apartment complex.
  - Avoid all contact with others living in your household, especially those with chronic health conditions or compromised immune systems and older adults.
  - Maintain a two-metre distance from others living in your household. If contact cannot be avoided, then all members of the household are required to self-isolate.
- If self-isolating in same household, **and you need to briefly use a shared household space**, everyone must wear a mask and maintain a distance of two-metres.
- Sleep in a separate room, and eat in separate areas of your home.
  - If all guidance in this document is being followed, then household members who are not self-isolating may attend work, early learning and childcare facilities, or school and may pick up essential items, or run essential errands only.



## Practice good hygiene:

- Keep your hands clean by washing them with soap and water frequently, practicing proper cough/sneeze etiquette and not touching your eyes, nose or mouth. Do not share personal items with household members including hand towels, bed linen, utensils, toothbrushes, and electronic devices.
- A separate bathroom is the safest way to self-isolate. If a bathroom must be shared, then members must clean and disinfect after each use.
- Clean and disinfect commonly touched surfaces, including light switches, sinks, taps, toilets and door handles, after each use.

