



## **Things you can do while in quarantine (self-isolation) for 14 Days**

While keeping a physical distance of 2 metres from others, you can:

- **Avoid contact with other people to help prevent transmission of the virus prior to developing symptoms or at the earliest stage of illness**
- Greet with a wave instead of a handshake, a kiss or a hug
- Ask family, a neighbour or friend to help with essential errands (e.g., buying groceries, going to the bank office to pay bills etc..)
- You are not allowed to go into any public buildings
- Use food delivery services or online shopping
- Go outside on your private balcony or deck, walk in your yard do some gardening get some fresh air.
- **What ever you are doing outside your home**

## **ALWAYS WEAR YOUR MASK**

### **No Visitors in Your Home**

- You may go for a walk alone or with people you are isolating with that are in your bubble
- 6 feet distance from anyone else at all times
- Exercise at home
- Go for a drive in your vehicle but you need to go from your home into your car directly and do not get out of your car until you return home.
- Use technology, such as video calls, to keep in touch with family and friends through online dinners and games
- Work from home

**Within the 14 Days Monitor yourself for symptoms, such as:**

- New or worsening cough
- Shortness of breath or difficulty breathing
- Temperature equal to or over 38°C
- Feeling feverish
- Chills
- Fatigue or weakness
- Muscle or body aches
- New loss of smell or taste
- Headache
- Abdominal pain, diarrhea, vomiting
- feeling very unwell

**If any of these symptoms occur please call 250-625-3331 and speak to a nurse !!**