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## **FACT SHEET FOR SELF – ISOLATION**

**Self – isolation means that for 14 days you must stay at home and monitor yourself for symptoms**

- 1. YOU MUST BE IN SELF-ISOLATION FROM THE TIME YOU RETURN TO THE COMMUNITY FOR 14 DAYS IN YOUR HOME OR AT YORK BOAT INN**
- 2. AVOID CONTACT WITH PEOPLE EVEN IN YOUR HOME (TAKE PRECAUTIONS, WEAR MASK, GLOVES AND STAY WITHIN THE PHYSICAL DISTANCING OF 2 METERS)**
- 3. DO NOT HAVE VISITORS**
- 4. IF YOU ARE SEEN OUT AT ANY STORES OR ANY PUBLIC PLACE YOU WILL BE GIVEN A FIRST WARNING**
- 5. IF YOU ARE CONTINUALLY SEEN OUT AT ANY PUBLIC PLACE OR STORES YOU WILL BE GIVEN A SECOND WARNING AND YOU WILL BE MOVED FROM YOUR FAMILY AND PLACED AT ANOTHER LOCATION**

**When you are in Self-Isolation:**

- If you begin to notice any symptoms, separate yourself from others (symptoms might be fever, cough, shortness of breath)**
- If you are outside the home when a symptom develops, go home immediately**
- Stay home and follow the advice of the clinic (204) 359-8225 and Public Health (204)359-8922**
- Self monitor your temperature, take them 2x a day (do not eat, drink, smoke or chew gum for 30 minutes prior to taking your temperature**
- Keep a record of your temperature**