Self-Isolation for Caregivers

As a caregiver, you (or the person you are caring for) may be called upon to self-isolate (especially in times of pandemic.) For example, if you travelled outside of Canada or were exposed to a person who was infected.

Self-Isolation

Occurs when you have no symptoms AND you may have been exposed to a virus, so you isolate yourself to protect others and prevent yourself from spreading it further. (See our definitions careguide.)

Self-isolate means to:

- Stay at home
- Monitor yourself for symptoms, even if mild, for 14 days
- Avoid contact with others

There are 2 possibilities:

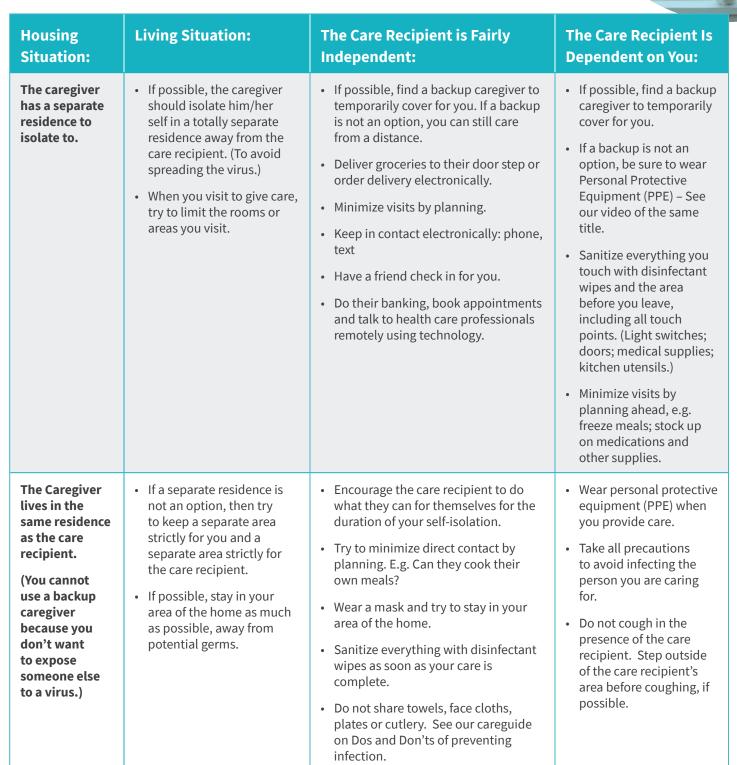
- 1. The caregiver needs to self-isolate
- 2. The care recipient needs to self-isolate

The next two pages provide guidance on how to deal with either one of these scenarios.



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SCENARIO ONE: IF THE CAREGIVER NEEDS TO SELF-ISOLATE:





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SCENARIO TWO: THE CARE RECIPIENT NEEDS TO SELF-ISOLATE:

Housing Situation:	Living Situation:	The Care Recipient is Fairly Independent:	The Care Recipient Is Dependent on You:
The caregiver has a separate residence to isolate to.	 If possible, the caregiver should isolate him/her self in a totally separate residence away from the care recipient. (To avoid catching the virus.) 	 Try to plan your care to minimize visits. Create multiple meals to put in the freezer, etc. Deliver groceries to their door step or order delivery electronically. Keep in contact electronically: phone, text. Do their banking, book appointments and talk to health care professionals remotely using technology. Sanitize all touch points using disinfectant wipes before you leave. Wash your hands before you leave. Don't touch your face. 	 Instruct the person you are caring for to stay in one room or area. Try to plan your care to minimize visits. Stock up on food, medications and supplies. Be sure to wear personal protective equipment (PPE) when you visit - see our video of the same title. Using disinfectant wipes, sanitize everything you use to provide care (supplies, equipment, walkers). Sanitize designated area before you leave, including all touch points. (light switches; doors)
The caregiver has to live in the same residence as the care recipient.	 If a separate residence is not an option, then try to keep a separate area strictly for you and a separate area strictly for the care recipient. 	 Encourage the care recipient to do what they can for themselves for the duration of their self-isolation. Wear a mask and minimize the time you spend in the care recipient's area. Sanitize everything with disinfectant wipes as soon as your care is complete. Do not share towels, face cloths, plates or cutlery. See our careguide on Dos and Don'ts on preventing infection. 	 Wear personal protective equipment (PPE) when you provide care. Do the best you can and take all precautions possible to avoid catching the virus yourself. Wash your hands and all touch points, etc.

