# 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:

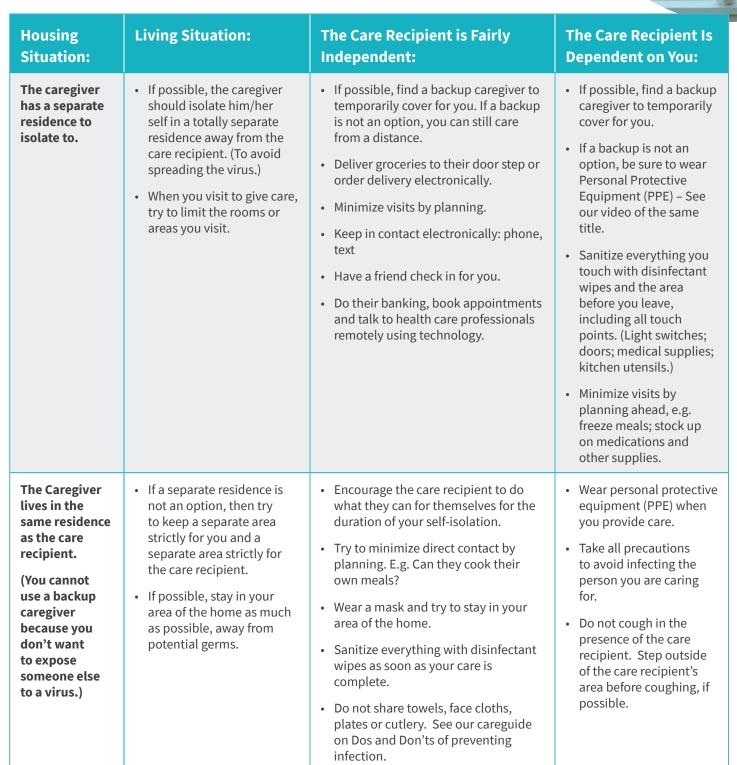
- 1. The caregiver needs to self-isolate
- 2. The care recipient needs to self-isolate

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

