

Self-Isolation Information

As of April 14, 2020, all international travellers entering BC are **required to self-isolate for 14 days** and **complete a self-isolation plan**. If you have travelled internationally, you will be staying in a unit where you are able to self-isolate for the next 14 days.

The symptoms of COVID-19 may take up to 14 days to appear and are similar to other respiratory illnesses, including the flu and the common cold. These symptoms include fever, chills, cough, shortness of breath, sore throat, painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite. People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe.

If you experience symptoms of COVID-19, notify one of our staff members and follow the recommendations from the BC Centre for Disease Control:

- Take the BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/>
- Call a nurse at HealthLinkBC at **8-1-1**.
- Call **9-1-1** if you are seriously ill and need immediate medical attention.
- Learn more here: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing>



All self-isolating residents should follow these procedures:

- **Do not leave your apartment and do not have visitors for 14 days.** You are advised to use delivery services for food and groceries or have someone drop off groceries for you.
- Arrange to accept your food/grocery deliveries at the entrance of your residence building. Before leaving your unit, **you must wash your hands and wear a face mask.**
- Housekeeping will not be provided at this time, but you may contact any staff member to request additional cleaning supplies.
- **Housekeeping will collect your garbage twice a week.** Place all small garbage bags into one large garbage bag and tie the bag shut. Please **only place your garbage outside your apartment on your specified days.**
- If you must leave your unit for medical appointments, you must exercise caution by **wearing a face mask, avoiding face to face contact, and minimizing exposure to others.**
- Please email or call our staff if you need any additional support during this time.

For more information on our updated policies, please visit our website at <https://gecliving.com/news/covid-19/>



Delivery Services:

Please arrange to pick up your delivery or meet your delivery driver in the lobby or at the entrance of the building. **Wash your hands and wear a face mask before leaving your unit.**

Food delivery services:

- <https://www.ubereats.com>
- <https://www.doordash.com>
- <https://www.skipthedishes.com>
- <https://lazymeal.com>

Grocery delivery services:

- <https://www.spud.ca>
- <https://www.saveonfoods.com>
- <https://www.instacart.ca/grocery-delivery/vancouver-bc>
- <https://www.hellofresh.ca>
- <https://shop.freshstmarket.com/vancouverhouse>

Pharmacy delivery services:

- <https://www.pharmacybc.com/service/free-delivery>
- <http://www.macdonaldsrx.com/services/delivery-services>
- <https://pharmacy.londondrugs.com/PharmacyServices/Prescription-Delivery>
- <https://www1.shoppersdrugmart.ca/en/health-and-pharmacy/renewing-your-prescription>



FAQ

1. How do I avoid contact with others?

Self-isolation means that **you stay in your apartment and do not have visitors**. Do not go to school or work; ask your doctor if you need a note. Do not go to public areas, including places of worship, stores, shopping malls, and restaurants. Cancel or reschedule appointments. If you leave your home for medical care, do not take buses, taxis, or ride-sharing where you would be in contact with others. You can use delivery/pick up services for groceries or other needs, but avoid face to face contact or being within **1-2 metres (3-6 feet)** of another person.

2. What do I do if I develop symptoms?

If you develop symptoms, you should be tested for COVID-19. If you are unsure, you can use the **BC COVID-19 Self-Assessment Tool** at <https://bc.thrive.health/> to help determine if you need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.

After doing the self-assessment tool, if you still have questions, contact your healthcare provider or **call 8-1-1** for guidance.

If the symptoms are severe such as shortness of breath (e.g. struggling to breathe or speak in single words) or chest pain, **call 9-1-1** or go to the nearest Emergency Department.

3. When can I stop isolating?

As a precaution, Public Health asks that if you have respiratory symptoms that can be managed at home, please self-isolate until the following criteria are met:

- At least 10 days have passed since the start of your symptoms, AND
- Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, Advil), AND
- You are feeling better (e.g. improvement in runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).
- Coughing may persist for several weeks, so coughing alone does not require you to continue to isolate.

Sometimes people with COVID have mild illness, but their symptoms may suddenly worsen in a few days. If your symptoms worsen or you become short of breath, call your physician or nurse practitioner for immediate medical attention. If you are unable to reach your regular care provider, call 9-1-1 for urgent care. **For more information, please visit the BC CDC's If you are Sick page** at <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>.

4. How do I stop the spread of germs?

- **Wear a face mask.** When you are sick, wearing a face mask (surgical or procedure mask) helps to stop the spread of germs from you to others. Wear a face mask when you are in the same room with other people and when you get medical care. If your mask gets wet or dirty, change it and wash your hands right away. You and those you live with do not need to buy and wear other types of masks, such as an N-95 respirator mask.
- **Cover your coughs and sneezes.** When you feel a cough or sneeze coming on, cover your mouth and nose with a tissue. Don't have a tissue? Cough or sneeze into your upper sleeve or elbow, not your hands. **Wash your hands right away after you sneeze,** cough or touch used tissues or masks. Throw used tissues into a lined trash can in your room and tie up that trash bag before adding it with other household waste.
- **Wash your hands.** Wash your hands often with soap and water for **at least 20 seconds.** It is best to dry your hands with a paper towel and throw it away after use. If you can't wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Do not share household items.** Do not share dishes, cups, eating utensils, towels, bedding, or other shared belongings. After using these items, wash them with soap and water.
- **Flush the toilet with the lid down.** COVID-19 virus may also be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.
- **General cleaning.** Water and detergent (e.g. liquid dishwashing soap) or common household cleaning wipes should be used. Apply firm pressure while cleaning. Surfaces should be cleaned at least once a day. Clean surfaces that are touched often (e.g. counters, table tops, doorknobs, toilets, sinks, taps, etc.) **at least twice a day.**