

# INSTRUCTIONS FOR A CAREGIVER HELPING A PERSON IN SELF-ISOLATION

GIVE THESE INSTRUCTIONS TO A FAMILY MEMBER OR FRIEND HELPING WITH DAILY ACTIVITIES SUCH AS EATING, USING THE BATHROOM, WALKING, CHANGING CHAIRS, ETC.



IDEALLY, ONLY **ONE CAREGIVER WILL HELP** FOR THE DURATION OF THE SELF-ISOLATION PERIOD. THE HELPER MUST BE IN **GOOD HEALTH**, AND NOT AT HIGH RISK THEMSELVES IF THEY GET SICK.

- **Under the age of 70**
- They should **not have heart disease, diabetes, a chronic lung disease or immune suppression** (for example because of cancer treatment or medications from a transplant)

## IMPORTANT:

- ✓ **Wash your hands** for 20 seconds with warm water and soap before and after helping, and avoid touching your face
- ✓ **Wear gloves** if you are in contact with saliva, mucus, or stool of the person you are helping



IF THE RETURNING TRAVELER DEVELOPS SYMPTOMS, TAKE EXTRA PRECAUTIONS:

## BEFORE HELPING, THE HELPER MUST:



Wash hands



Put on a disposable mask on your nose and mouth



Put on disposable gloves

## AFTER HELPING, THE HELPER MUST:



Remove the gloves



Throw them away in a garbage can with a closable lid, out of the reach of children



Wash hands



Take off disposable mask



Throw it away in a garbage can with a closable lid, out of the reach of children



Wash hands again

CLOTHING CAN BECOME CONTAMINATED WITH THE VIRUS WHEN INDIVIDUALS ARE IN CLOSE CONTACT. AT THE END OF THE DAY THE HELPER MUST REMOVE THEIR CLOTHES CAREFULLY AND PUT THEM IN A CLOTH OR PLASTIC BAG TO BE WASHED.

For more information, please call the COVID-19 info-line for Eyou Istchee at 1-866-855-2811 or visit: [quebec.ca/coronavirus](http://quebec.ca/coronavirus), [creehealth.org/covid](http://creehealth.org/covid) or [creehealth.org/covid-vaccine-faq](http://creehealth.org/covid-vaccine-faq)