

## THE DIFFERENCE BETWEEN QUARANTINE AND SELF-ISOLATION

	QUARANTINE	SELF-ISOLATION
<b>What does it mean?</b>	<p>Quarantine is <b>not voluntary</b> and means you <b>MUST</b>:</p> <ul style="list-style-type: none"> <li>● STAY HOME; do not go to work, the store, or other public areas.</li> <li>● Do not have visitors.</li> <li>● Arrange to have someone pick up essentials like food or medication for you; they must leave these items outside your home and avoid contact with you.</li> <li>● Monitor your health for symptoms of COVID-19.</li> </ul>	<p>Self-isolation means you should:</p> <ul style="list-style-type: none"> <li>● <b>Stay home as much as possible.</b></li> <li>● Go out <b>ONLY</b> for essentials like food or medical supplies <b>ONCE A WEEK.</b></li> <li>● Going out for exercise <b>ONCE A DAY.</b></li> <li>● Practice Physical Distancing when you go out (keep a minimum of 2 metres between yourself and others).</li> </ul>
<b>Who does it apply to?</b>	<p>Anyone who <b>returns to our 3 Nations communities</b> from outside Canada, or another populated area, <b>MUST</b> quarantine themselves at home for 14 days.</p> <p>Anyone who has <b>been in contact with someone confirmed to have COVID-19</b>, <b>MUST</b> quarantine themselves at home for 14 days.</p> <p>Anyone who is <b>confirmed to have COVID-19</b> <b>MUST</b> quarantine and follow the advice and instructions of health care professionals.</p>	<p><b>Elders, and those with health conditions</b> such as diabetes, heart problems, lung conditions like asthma, or cancer, should self-isolate. Stay home and have a family member pick up essentials for you.</p> <p><b>All community members</b> should practice self-isolation and <b>STAY HOME</b> as much as possible to limit the potential for COVID-19 to spread in our communities.</p>

CAN I...	WHILE IN QUARANTINE	WHILE IN SELF-ISOLATION
Bring my sister some cookies I made?	<p>✗ <b>NO</b></p> <p>While in quarantine you must avoid all contact with others for 14 days.</p>	<p>✓ <b>YES</b></p> <p>If you leave the cookies on her doorstep and maintain 2 metres of distance between you.</p>
Bring my sister some cookies I just bought in Whitehorse/ Smithers/Terrace etc.?	<p>✗ <b>NO</b></p> <p>While in quarantine you must avoid all contact with others for 14 days.</p>	<p>✗ <b>NO</b></p> <p>You must quarantine for 14 days when returning from populated areas such as Whitehorse etc.</p>
Give an elder a hug when visiting their house?	<p>✗ <b>NO</b></p> <p>While in quarantine you must avoid all contact with others for 14 days.</p>	<p>✗ <b>NO</b></p> <p>Self-isolation includes family members that we do not live with. Our elders are the most vulnerable people in this crisis and the most common way the disease is transmitted is between family members.</p>
Give an elder a hug in the house we share?	<p>✗ <b>NO</b></p> <p>While in quarantine you must avoid all contact with others for 14 days.</p>	<p>✓ <b>YES</b></p> <p>It is ok to interact with the people you live with as long as all of you are practicing self-isolation and no one is in quarantine.</p>
Go buy bread at the store?	<p>✗ <b>NO</b></p> <p>Ask a friend or neighbor to drop off groceries for you.</p>	<p>✓ <b>YES</b></p> <p>Only go out for essentials, like groceries, but ensure you maintain physical distance (2 metres) from all others while doing so.</p>

CAN I...	WHILE IN QUARANTINE	WHILE IN SELF-ISOLATION
Play basketball with friends?	<p>✗ <b>NO</b></p> <p>While in quarantine you must avoid contact with all others for 14 days.</p>	<p>✗ <b>NO</b></p> <p>Physical activities that bring people into direct contact with each other must be avoided. However, if you live with roommates or family it would be ok to play at your house, as long as anyone from outside your household is excluded.</p>
Have a visit over Skype with friends?	<p>✓ <b>YES</b></p> <p>If you have internet access, video chat services such as FaceTime, Skype, and Zoom are excellent ways to stay in touch with friends while maintaining a safe distance.</p>	<p>✓ <b>YES</b></p>
Go for a hike with friends?	<p>✗ <b>NO</b></p> <p>While in quarantine you must avoid all contact with others for 14 days.</p>	<p>✓ <b>YES</b></p> <p>It's ok to go outdoors occasionally but remember to keep 2 metres apart from others while doing so.</p>
Walk a family pet?	<p>✗ <b>NO</b></p> <p>Ask a family member or friend who is not in quarantine to walk the family pet.</p>	<p>✓ <b>YES</b></p> <p>It is ok to take the family pet for walks but remember to keep 2 metres apart from any community members you see.</p>
Attend a community meeting or cultural celebration?	<p>✗ <b>NO</b></p> <p>While in quarantine you must avoid all contact with others for 14 days.</p>	<p>✗ <b>NO</b></p> <p>Crowded spaces can increase the risk of virus spread and should be avoided.</p>

CAN I...	WHILE IN QUARANTINE	WHILE IN SELF-ISOLATION
<p><b>Go out to pick up a prescription or medication?</b></p>	<p>✗ <b>NO</b> Have a family member pick up any medication or other essential items and leave them outside your door. While in quarantine you must avoid all contact with others for 14 days.</p>	<p>✓ <b>YES</b> This would count as an essential activity but remember to maintain 2 metres of distance from others.</p>
<p><b>Carpool with a friend or family member outside of my household?</b></p>	<p>✗ <b>NO</b> While in quarantine you must avoid all contact with others for 14 days.</p>	<p>✗ <b>NO</b> Being in a car with a friend or family member outside your household increases the chance of community spread. Unless an emergency arises, carpooling should not be used as a method of transportation.</p>
<p><b>Go to work?</b></p>	<p>✗ <b>NO</b> Work should be conducted from home if possible. There are several programs being provided by the federal and provincial governments to financially support those whose income is affected by COVID-19. Further information on these programs is available at:  _____</p>	<p>✓ <b>IT DEPENDS</b> Community members are encouraged to work from home as much as possible. You can go to work if your workplace is able to maintain safe Physical Distancing practices or is considered an 'essential service' by the federal government. If going to work, you <b>MUST</b> keep a minimum of 2 metres between yourself and others.</p>

Prepared by [CCEM Strategies Ltd.](#) at the request of the 3 Nations Society.