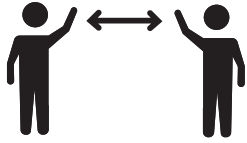




September 14, 2021

## COVID-19 INFORMATION

### Isolating safely at home



Try to stay 2 metres away from others in your house who are not isolating or wear a mask.



Stay in your own bedroom or hang a sheet from the ceiling between people that are isolating and others.



Use a different bathroom or clean a shared bathroom after each use with a household cleaner that contains soap and detergent. You can make a disinfectant by mixing 4 teaspoons of household bleach with 4 cups of water.



Avoid sharing personal household items like dishes, towels, bedding or electronics.



Open windows in shared living spaces if it is warm enough outside to allow fresh air inside the house.



Cover your mouth and nose with a tissue or handkerchief or your elbow when coughing or sneezing. Afterward, throw away the tissue or wash the handkerchief and wash your hands.

**If you are unable to safely self-isolate inside your home, reach out to your health centre for advice.**

- Follow all the guidance and direction provided by your local public health and your local health centre. Please take their guidance above all other direction. Only your healthcare provider will know the details of your situation and other actions your household should take if required.
- Please do not contact Protect NWT/811 or your local community government for medical advice..

