

CLIENT RESOURCES

What is Social Distancing?

Social distancing includes ways to stop or slow the spread of infectious diseases. It means less contact between you and other people while you are out at work, volunteering, or at home.

Social distancing is important because COVID-19 is most likely to spread from person-to-person

Some ways of social distancing include:

- Avoiding handshaking and kissing
- Visiting shops sparingly and buying more goods and services online
- Considering whether outings and travel, both individual and family, are sensible and necessary

What is Self-Isolation?

Self-isolation means staying indoors and completely avoiding contact with other people. You will need to do this if you have symptoms of coronavirus. This is to stop other people from getting it.

You will need to self-isolate:

- if you have symptoms of coronavirus
- before you get tested for coronavirus
- while you wait for test results

What does Quarantine mean?

Governments use quarantines to stop the spread of contagious diseases.

What is the difference between Self-Isolation and Quarantine?

While self-isolation serves the same purpose as quarantine, quarantining is designated for those who have tested positive for COVID-19. It keeps **infected** people away from healthy people to prevent the sickness from spreading to others.

Before getting tested for COVID-19...

Phone 811 (Nurses Line) or the Nurses COVID-19 Line, 250-469-6985 to have your symptoms assessed. If advised to do so, book an appointment at **Capri Mall Medical** 250-717-3211 or **Urgent Primary Care Centre** 250-469-6985 between the hours of 4:30 and 8:30 P.M. and phone beforehand.

Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health

Hand Hygiene

SOAP OR ALCOHOL-BASED HAND RUB: Which is best?

Either will clean your hands: use soap and water if hands are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH



1

Wet hands with warm (not hot or cold) running water



2

Apply liquid or foam soap



3

Lather soap covering all surfaces of hands for 20-30 seconds



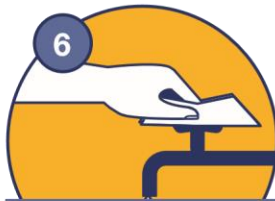
4

Rinse thoroughly under running water



5

Pat hands dry thoroughly with paper towel



6

Use paper towel to turn off the tap

HOW TO USE HAND RUB



1

Ensure hands are visibly clean (if soiled, follow hand washing steps)



2

Apply about a loonie-sized amount to your hands



3

Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

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