BE PREPARED TO STAY HOME: SELF-ISOLATING DURING A PANDEMIC

When an infectious disease is common in your community, you or someone you live with may suddenly fall ill or need to isolate at home.

HOW YOU CAN PREPARE

**PLAN YOUR SPACE**
If you live with others, plan where someone who is isolating will stay and sleep. Consider a separate room and bathroom for them, if possible.

**FIND A PANDEMIC BUDDY**
Arrange with someone outside of your household to help with practical tasks if you need to isolate, such as delivering groceries or prescriptions.

**CONNECT WITH PUBLIC HEALTH**
Learn what symptoms to watch for on HealthLinkBC.ca. Connect with your health care provider or call 8-1-1 for health advice and directions on self-isolation (*interpretation service available*). Dial 7-1-1 for Teletypewriter relay service. In an emergency, call 9-1-1.

**IF YOU USE ILLICIT SUBSTANCES**
Ask about safe supply from a health care provider or call 8-1-1. Avoid using alone—arrange for someone to check on you when using, even through the door, and have a naloxone kit ready. Download the Lifeguard App (*lifeguarddh.com*).

**STAY INFORMED**
Follow health updates and learn more about self-isolation from the BC Centre for Disease Control (*bccdc.ca*) and Vancouver Coastal Health (*vch.ca*).

For the City’s COVID-19 response, visit *vancouver.ca/covid19* (*translations available*).

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BUILD YOUR SELF-ISOLATION KIT

Gradually stock items you will need for the recommended isolation period. Stocking for longer than this is not necessary.

**CHECKLIST**

- Medication
- Food (including dried, canned and frozen)
- Pet food
- Soap
- Alcohol-based hand sanitizer
- Household cleaners, disinfectants
- Laundry detergent
- Tissues, toilet paper
- Face masks
- Disposable gloves
- Plastic garbage bags
- Personal toiletries
- Books, games, toys
- Emergency kit

**TIP:** To build your emergency kit, visit: *vancouver.ca/emergency-kit*