

BE PREPARED TO STAY HOME:

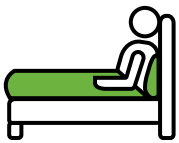
English

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](https://www.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