

I recently returned to region

My health care provider has instructed me to self-isolate because of exposure risk:

## Self-Isolation Instructions:

- Call MHC or Maniilaq PHN at (907) 442-7144 within 24 hours of arriving in the region
- Stay at home and avoid close contact with others, including those in their home.
- Call MHC or Maniilaq PHN at (907) 442-7144 if you have any symptoms of the novel coronavirus (COVID-19) such as fever, coughing, and difficulty breathing.
- Stay home:
  - Do not use public transportation, taxis or rideshares.
  - Do not go to work, school or other public places.
  - Your health care provider will tell you when you no longer need to self-isolate.
- Limit the number of visitors in your home:
  - Only have visitors who you must see and keep visits short.
  - Keep away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, weakened immune system)
- Avoid contact with others:
  - Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
  - Make sure that any shared rooms have good airflow (e.g., open windows).
- Keep distance:
  - If you are in a room with other people, keep a distance of at least two meters from others and wear a mask that covers your nose and mouth.
  - If you cannot wear a mask, people should wear a mask when they are in the same room as you.
- Cover your coughs and sneezes:
  - Cover your mouth and nose with a tissue when you cough or sneeze.
  - Cough or sneeze into your upper sleeve or elbow, not your hand.
  - Throw used tissues in a lined wastebasket and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
  - Wash your hands after emptying the wastebasket.
- Wash your hands:
  - Wash your hands often with soap and water.

- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- Wear a mask over your nose and mouth:
  - Wear a mask if you must leave your house to see a health care provider.
  - Wear a mask when you are within 6 feet of other people.

#### Household cleaning and disinfection

- Clean all “high-touch” areas such as counters, toilets, sink tap handles, tabletops, doorknobs, TV remotes, phones, and bedside tables daily using regular household cleaners.
- Clean more often if surfaces become visibly soiled.
- Clean any surfaces that may have blood, body fluids and/or secretions on them.
- Wear disposable gloves when cleaning surfaces.
- Use a diluted bleach solution (2 teaspoons of bleach to 4 cups of water) or household disinfectant.
- Dishes and eating utensils should be cleaned with dish soap and hot water after each use.
- Use of a dishwasher with a drying cycle also provides a sufficient level of cleaning.

#### Laundry

- Clothing and bedclothes can be cleaned using regular laundry soap and water and do not require separation from other household laundry.
- If clothing or bedding have blood, body fluids and/or secretions, wear disposable gloves while handling soiled items, remove gloves and wash hands immediately afterwards.

#### Waste management

- All waste generated can be bagged in a regular plastic bag and disposed of in regular household waste.