

COVID POSITIVE?

Have you or a member of your household tested positive for COVID-19?

Uncertain times can be stressful, but when we focus on factors within our own control, it can help us feel more secure in the situation. When feeling stressed or anxious, it can be difficult to think clearly.

For individuals or families in quarantine or isolation due to COVID-19

- The person who has tested positive must stay in isolation, even within their own home if at all possible.
 - 5 days for those fully vaccinated
 - 10 days for anyone 12 + and not fully vaccinated
 - 20 days for those with severe illnesses
- You must self-isolate for as long as your household member with COVID-19, unless you have no symptoms of COVID-19 AND one of the following apply:
 - Previously tested positive for COVID-19 (including a Rapid Antigen Test) in the last 90 days
 - 18 years or older and have received a booster dose (i.e. 3 doses of a COVID-19 vaccine; or 4 doses if you have a weak immune system)
 - 17 years or younger and are fully vaccinated
 - If you have a weak immune system and do not meet any of the above criteria, you must self-isolate for 10 days, even if the person with COVID-19 is only required to isolate for 5 days.

See the checklist on the back page which can help guide you through this potentially stressful situation after you or a household member tests positive for COVID-19. These tools can be helpful to prepare before someone needs to isolate or quarantine.

For More Information:

 1-833-784-4397

 [canada.ca/coronavirus](https://www.canada.ca/coronavirus)

Checklist

Prepare a space for isolating within the home;

- Can you dedicate one room? Is there an option to dedicate a separate bathroom? Can 1 adult be the dedicated caregiver?
- How can you limit shared items? (Toys, games, devices, etc.)

Book a test for others in the household

Make a list of who you need to inform

- Teachers / Child care providers
- Follow Notification Process

Consider parenting custody agreements; both parties should remain flexible and reasonable

Create an emergency contact list (see the following Action Plan template)

Identify how you will meet your immediate needs such as:

- Groceries, medications or medical supplies
- Talk to your Healthcare provider to maintain necessary medical appointments virtually or by phone
- Pet care; do you need someone to help with walking the dog or take over care for the pet temporarily?

Notify friends and/or family members and ask for help if needed

Create a list of local organizations that may be able to help provide:

- Delivery of groceries, medications or other supplies
- Support or counselling

Cancel commitments or re-schedule for phone or virtual (meetings or appointments)

- Talk to your Healthcare provider to maintain necessary medical appointments virtually or by phone

List some activities you and your family can look forward to such as:

- Keep a daily routine, include a daily goal and stay physically active
- Talk to your family about meaningful activities that you can still do at home
- Maintain social connection virtually or by phone
- Organize or declutter an area of the house
- Baking/Cooking – please avoid food preparation for others if you are sick
- Catch up on some sleep/rest
- Go outdoors but remember, you must remain on private property (this may not be possible if you live in a condo or apartment building with no balcony)
- Check out the Coping at Home for Families for a listing of activities

COVID-19 POSITIVE - WHAT NOW?

Islamic Foundation of Toronto and Social Services Network Collaborative



Funded by:



Public Health
Agency of Canada

Agence de la santé
publique du Canada

COVID-19 CHECKLIST

Wear mask, gloves and eye protection

- Wear a well-fitted mask. When in a room with an infected person, have them wear a mask, keep your distance and wear a mask.
- Wear gloves and eye protection when you have contact with the person's saliva, phlegm or other body fluids (e.g., blood, sweat, vomit, urine and feces).
- Examples of eye protection include safety glasses, goggles and face shields.



Wash laundry thoroughly

- There is no need to separate laundry, but clean your hands after handling.



Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.



Be careful when touching waste

- All waste can go into regular garbage bins. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water or alcohol-based hand sanitizer after emptying the wastebasket.



Clean Your Hands Often

- Clean your hands with soap and water or alcohol-based hand sanitizer after each contact with the infected person and throughout the day.



Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the infected person.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes or vapes.



Limit close interactions with the infected person

- Avoid having outside visitors. If a visitor is essential for personal support, keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g., diabetes, lung problems and immune deficiency) away from the infected person.
- Designate caregiver(s) for the infected person if possible.



Get Vaccinated

- Get fully vaccinated for COVID-19, plus a booster if you are eligible.
- Being vaccinated helps to protect you from severe disease and hospitalization due to COVID-19.



Dispose of mask, gloves and eye protection after use

- Take the gloves, eye protection and mask off right after you provide care and dispose of them in the wastebasket lined with a plastic bag. Cloth masks can be washed with other laundry using a high temperature cycle.
- Take off the gloves first and clean your hands with soap and water or
- Alcohol-based hand sanitizer before taking off your mask and eye protection.
- Most face shields and goggles can be reused and cleaned between use with dish detergent and water or disinfectant wipe.
- Clean your hands again before touching your face or doing anything else.



Improve fresh air supply and indoor air quality

- Ensure your home has good ventilation/fresh air. You can do this by:
 - Opening windows if weather permits and is safe to do so.
 - Ensuring ventilation supply and return vents are not obstructed.
 - Keeping bathroom and kitchen exhaust fans running longer or often.
 - Ensuring the furnace or HVAC system is maintained.

