

Self-isolation preparation guide

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Create a plan of action involving those people you are in close contact with.



Discuss individual, household and neighbourhood needs should self-isolation be required.

Plan ways to practically care for those who might be at greater risk for serious complications.



Have a plan for friends, family or delivery drivers to drop off food or other things you may need. If you need to leave your home for an urgent errand, wear a surgical mask while you are out.

Create a resource contact list including emergency numbers, and have the basic necessities to be self-sufficient for at least 48 hours.



Choose a potential segregated bedroom and bathroom, in your home, that can be used for sick household members if necessary. Clean these rooms regularly. Wash your hands regularly with antibacterial soap.

Have a back up if your child's school or childcare facility is temporarily dismissed, and learn about your employer's emergency operations plan, sick-leave policies and telework options.