



Isolation 101:

How to prepare for self-isolation

In the event you become ill or you are directed to self-isolate, it's critical to be prepared. Here are some important actions you can take to ensure you are well-equipped and supported.

PLAN YOUR SPACE

If you live in shared housing, plan where someone who is isolating will stay and sleep. Consider a separate room and bathroom for them, if possible. If a separate bathroom is not available, be sure to thoroughly sanitize between uses.



FIND A BUDDY

Arrange with someone outside of your household to help with practical tasks if you need to isolate, such as delivering groceries or prescriptions. Many grocery stores and pharmacies deliver in Whistler.



GET HEALTH ADVICE

Do not dismiss your symptoms. 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.



REACH OUT TO WHISTLER COMMUNITY SERVICES SOCIETY (WCSS) FOR SUPPORT

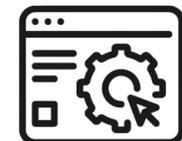
WCSS can provide food bank and hygiene kit deliveries as well as assistance with accessing programs in partnership with BC Housing and VCH to help those safely isolate.

As well, the Outreach team can provide emotional support, community referrals and access to technology devices to stay connected with health care and support teams. If you are in isolation, these appointments can be made online and available through a free, confidential virtual session. Please visit mywcss.org for more information or to book an appointment.



STAY INFORMED

Follow health updates and learn more about self isolation from the BC Centre for Disease Control.



BUILD YOUR SELF-ISOLATION KIT

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

CHECKLIST

- Medication
- Food (including dried, canned and frozen)
- Birth control, condoms
- Harm reduction supplies (ie. naloxone kit)
- 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