



Tips for residents of apartments and other multi-unit buildings

IF YOU ARE SELF ISOLATING AFTER RETURNING FROM TRAVEL OR A POSSIBLE EXPOSURE:

- Stay inside in your own unit as much as possible
- Wash your hands before and after leaving your unit
- Limit your time in common spaces
- Use common amenities like laundry only when other neighbours are not present in the room
- Clean surfaces in common areas using regular household cleaners
- For more information about self isolation, visit BC Centre for Disease Control's website at: bccdc.ca/covid19

IF YOU ARE SELF ISOLATING BECAUSE YOU DO HAVE SYMPTOMS OR HAVE TESTED POSITIVE:

- Stay in your unit and do not access common spaces
- Ask for support from friends, family and neighbours to deliver needed items
- For more information on how to isolate at home when you have COVID-19: bccdc.ca/covid19

IF YOU ARE SELF ISOLATING AS A PREVENTATIVE MEASURE BUT HAVE NOT TRAVELED OR SUSPECT EXPOSURE:

- Wash your hands frequently
- Limit time in common areas
- Keep in touch with friends and family with technology: call, text, email or meet virtually to support each other

IF YOU ARE HEALTHY AND HAVE NO UNDERLYING HEALTH CONDITIONS:

- Check in with neighbours over the phone or knock and speak through the door to see if you can help deliver food, medication or assist in other ways, connect with local organizations to volunteer (keeping a safe distance from neighbours and others)
- Help keep common areas and frequently used spaces clean if you can (eg. elevator buttons, stairway rails, door handles)

EVERYONE HAS A PART TO PLAY IN KEEPING OUR COMMUNITIES SAFE AND HEALTHY:

- Wash your hands with warm water and soap frequently
- Don't touch your face with unwashed hands
- Keep about 2 meters of distance between yourself and others
- If you feel sick, cough or sneeze into your elbow sleeve, dispose tissues properly
- Stay home if you feel sick
- Keep in touch with friends and family with technology: call, text, email or meet virtually to support each other