



Holiday Season Precautions

Please watch your family for symptoms of COVID-19 throughout the holidays. If anybody in your household is a [close contact](#) OR [symptomatic](#), use the below quarantine/isolation requirements BEFORE going back to school.

Click below for detailed CDC guidance for holidays:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>



Quarantine or Isolation: What's the difference?

Quarantine keeps someone who might have been **exposed** to the virus away from others.

Isolation keeps someone who is **infected** with the virus away from others, even in their home.

Who Needs to ISOLATE?

People who have COVID-19

- People who have [symptoms of COVID-19](#) and are able to recover at home
- People who have no symptoms (are asymptomatic) but have tested positive for infection with SARS-CoV-2

Steps to Take

Stay home except to get medical care

- Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately
- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Don't share personal household items, like cups, towels, and utensils
- Wear a mask when around other people, if you are able to

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

Who Needs to QUARANTINE?

People who have been in [close contact](#) with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

What counts as [close contact](#)?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to Take

Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
- If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

The Swiss Cheese Model for Protecting Against COVID-19

Layers of protection add up!

Keep social bubbles small Stay home (and get tested) if you're sick with cold or flu symptoms Physically distance and limit time in crowded spaces Wash your hands regularly Wear a mask in public (indoor) spaces

No single measure is perfect on its own, but combined they are powerful.

Acknowledgements: J. Reason, Psychologist, swiss cheese model (2000), I. Mackay, Virologist, swiss cheese model applied to respiratory viruses (2020)

A message from Powell River physicians

FACILITY ENGAGEMENT
POWELL RIVER GENERAL HOSPITAL

Powell River Division of Family Practice
A GPSC initiative