

# COVID-19 EXPOSURE: IF YOU NEED TO ISOLATE

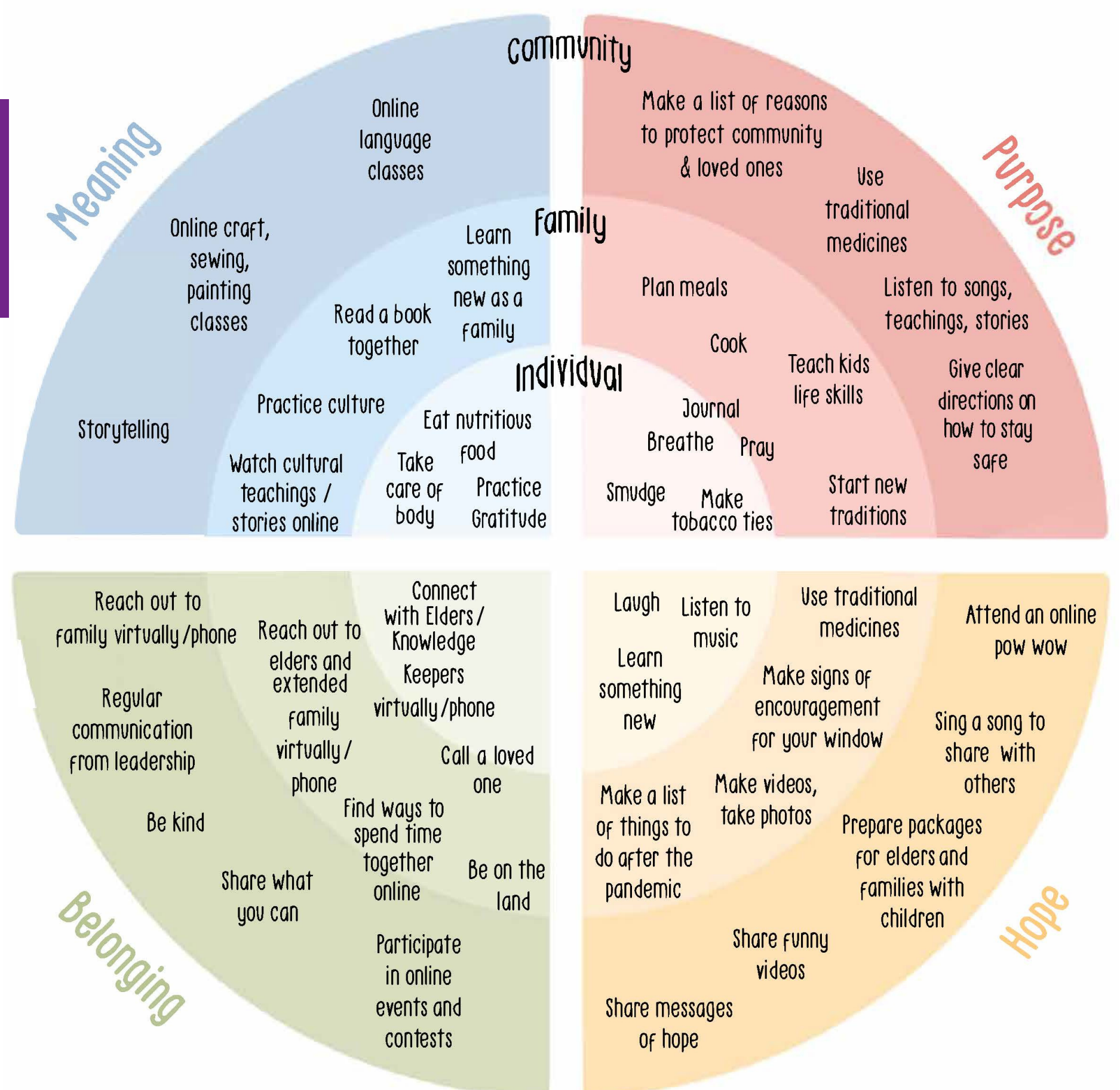
## Feelings you might experience

- You might feel upset, worried, angry, scared
- This is a normal reaction, there is no right way to feel
- Remind yourself that this is for precaution and it does not mean you have COVID
- Children may respond differently- talk with your children and answer their questions- Let them share their fears and worries



## Take care of your health and your family's health

- If you would like to talk to someone, connect with a helper online or by phone
- Visit family and friends online or by phone
- Take care of your body, mind, heart and spirit and encourage family members to do so
- Do activities you enjoy doing. Have family members do the same
- Unplug from the news and social media
- Eat healthy foods, drink water, sleep
- Regular check ins with public health and family members



## Plan



- Follow the guidelines by the Health Care professional/team for isolation
- Connect with family, friends, community members to make arrangements for items you or your family might need the next few days
- Continue to wash your hands frequently and avoid touching eyes, nose and mouth
- Clean and disinfect touched objects and surfaces
- If you become sick while self-monitoring, call Health Links or your Nursing Station/Health Centre for further instructions



Assembly of Manitoba Chiefs



Manitoba Keewatinowik Okimakanak



First Nations Health and Social Secretariat of Manitoba

Source: Government of Canada, Centers for Disease Control and Prevention