



Sioux Lookout  
First Nations  
Health Authority

# CORONAVIRUS COVID-19

## FREQUENTLY ASKED QUESTIONS

### Alternate COVID-19 Care Sites

August 20, 2020

#### What are Alternate COVID-19 care sites?



They are special spaces for people with a suspected or confirmed case of COVID-19. People can get tested there or stay at the site during their isolation period. Separate care sites help to reduce the spread of COVID-19. There are three kinds: assessment sites, quarantine sites, and isolation sites.

#### What is an assessment site?



This is a place to go and be assessed and tested for COVID-19. It is for people who:

- have symptoms of COVID-19 or
- have been in contact with a suspected or confirmed COVID-19 case.

Call the nursing station first. They will ask questions and tell you if you need to go to be assessed. They will make an appointment for you. The site may be part of the nursing station with a separate entrance. Or it may be in a different place.

#### What is a quarantine site?

This is a place for people to stay if they have to self-isolate and cannot do so at home. It is only for people who **do not** have COVID-19 symptoms. They may have:

- returned home from **outside the community** or
- **had contact** with a confirmed COVID-19 case or
- **had a test** and are waiting for results.



14 DAYS

People quarantine to protect others and keep the community safe.



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### What is an isolation site?

This is where people can stay if they **have COVID-19 symptoms**. It is for people who are unable to self-isolate at home. They can stay at the isolation site until:

- their symptoms are gone or
- they have recovered from COVID-19 or
- they are able to safely self-isolate at home.

### What does self-isolating at home mean?



This means that you **cannot leave home** and **cannot have visitors**. You need to **keep at least 2 metres** between you and others in your home. You must **stay in a separate room** as much as possible. Use a **separate bathroom** if you can. If you share rooms, keep windows open. **Disinfect surfaces** after you use them. Learn more from our advice sheet [How to Self-Isolate](#).



### When is a person unable to self-isolate at home?

It is better to go to a quarantine or isolation site if:

- Your home does not have a separate room you can stay in or
- There is no way to keep a 2-metre distance from others at home.



If you cannot do these things, the whole family would have to isolate together. If one person gets sick, the whole family is at risk.

