

ACTIVE TUBERCULOSIS

HOME ISOLATION GUIDE



Protect your community and those you care about. When you talk, sing, cough, or sneeze, you can spread tuberculosis. Isolation prevents transmission.

DURATION OF HOME ISOLATION

The isolation period allows time for the medication to work and kill the bacteria, so that you are no longer contagious.

The duration of home isolation varies:

- Minimum of 2 weeks
- It may be extended if test results show that you are still contagious. A nurse will inform you when your isolation is over.



TIPS FOR MANAGING ISOLATION AT HOME

Take care of yourself:

- Eat well.
- Get plenty of rest.



Avoid consuming alcohol, tobacco, cannabis and other substances.

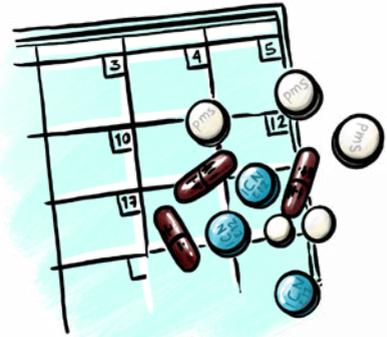
Stay in touch with people remotely.



Engage in outdoor activities.



HOME ISOLATION GUIDELINES



Take your medication every day.

Cover your nose and mouth when you cough or sneeze.



Avoid visiting indoor public places and other households.



- Ventilate your home.
- Do not host visitors or welcome new residents into your home.

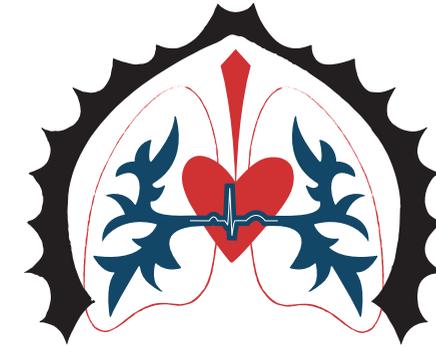
If possible, sleep alone.



Wear a medical mask during your visits to the CLSC/Nursing Station.

With children under 5 years old and immunosuppressed individuals in your home:

- Limit contact.
- Wear a mask in their presence.



As long as our lungs can breathe, our stories carry on



PROTECT YOUR COMMUNITY!

