

TUESDAY MYTHBUSTERS

Every Tuesday we will be tackling a COVID-19 myth or misconception and empowering you with the full story.

MYTH: I have been self-isolating but my symptoms have gone away during my self-isolation period so I can now go back to life as normal

REALITY: You should complete your isolation period, regardless of how soon your symptoms resolve. Current direction for self-isolation after developing symptoms:

- With or without a history of travel, if you have respiratory symptoms that can be managed at home, self-isolate at home for at least 10 days after onset of symptoms.
- After 10 days, if your temperature is normal and you feel better, you can return to your routine activities.
- Coughing may persist for several weeks, so a cough alone does not mean you need to continue to self-isolate for more than 10 days.

The advice to isolate for a 10-day period is to ensure you are no longer contagious. This is important for limiting/preventing spread of the illness.



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Every Tuesday we will be tackling a COVID-19 myth or misconception and empowering you with the full story.

MYTH: I have finished my 2 weeks self-isolation, after returning from off-island, so now I am safe to see friends as normal

REALITY: After returning from off island it is imperative to completely self-isolate for 14 days. After this, you can use essential services, run essential errands and we encourage you to enjoy the outdoors with people from the same household - practising at least 6 feet of physical distancing from others.

However, you still must not gather in groups or have anybody visit your house. You should avoid going to any indoor public space unless necessary. These measures are vital to protect the spread of COVID-19 in our communities. On an individual level, we must all wash our hands regularly and thoroughly, practice physical distancing and wear a homemade mask in indoor public places.