

How to self-isolate (for returning travellers with no symptoms)

You have recently travelled outside of Canada and been advised by Telehealth, your health care provider, or your local public health unit to self-isolate for 14 days after returning.

Follow these instructions to reduce the risk of spreading illness to others:

- **Travelling home from the airport via taxi/ride share**
 - o If you must travel home via taxi/ride share, keep the windows open.
- **Purchasing supplies for your household**
 - o Shop online or have a friend or family member pick up supplies for you.
- **Stay home**
 - o Do not go to work, school, or public places.
 - o Do not use public transportation, taxis or ride-shares.
- **Limit the number of visitors in your home**
 - o Only have visitors who you must see and keep the visits short.
 - o Keep away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, weakened immune system).
- **Avoid contact with others**
 - o Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
 - o Make sure that shared rooms have good airflow (e.g. open windows).
- **Keep Distance**
 - o If you are in a room with other people, keep a distance of at least two metres from others as much as possible and wear a mask that covers your nose and mouth.
 - o If you cannot wear a mask, people should wear a mask when they are in the same room as you.
- **Cover your coughs and sneezes**
 - o Cover your mouth and nose with a tissue when you cough or sneeze.
 - o Cough or sneeze into your upper sleeve or elbow, not your hand.
 - o Throw used tissues in a lined wastebasket, and clean your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
 - o After emptying the wastebasket clean your hands.
- **Clean your hands**
 - o Clean your hands often with soap and water for at least 15 seconds. Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
 - o Use alcohol-based hand sanitizer if your hands are not visibly dirty.
 - o Avoid touching your eyes, nose, and mouth with unclean hands.
- **Clean your home**
 - o Clean your home with regular household cleaners.
 - o Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.
- **Avoid sharing household items**

- o Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with others.
- o After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- o Dishwasher and washing machines can be used.
- o Do not share cigarettes.
- **Wash laundry thoroughly**
 - o There is no need to separate the laundry.
 - o Clean your hands with soap and water or alcohol-based hand rub immediately after doing laundry.
- **Be careful when touching waste**
 - o All waste can go into regular garbage bins.
 - o When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes disposal easier and safer.
 - o Clean your hands with soap and water or alcohol-based hand rub after emptying the wastebasket.
- **Monitor your symptoms**
 - o If you develop mild symptoms, continue to self-isolate for at least 7 days and until symptoms-free for at least 48 hours.
 - o If have questions about your symptoms, contact Telehealth at 1-866-797-0000 or your health care provider.
 - o If you need urgent medical attention, contact 911.
- **Travel to/from the hospital or health care provider's office:**
 - o Do not use public transportation.
 - o Drive yourself if possible.
 - o If driving yourself is not possible, arrange a ride with a friend or family member. Ensure the windows of the car are open, sit in the back seat, and wear a mask (if available/you are able to).
 - o If you are unable to arrange a ride, take a taxi or car service. Ensure the windows of the car are open, sit in the back seat and wear a mask (if available/you are able to). Record the taxi or car service company name and license plate of the car.
 - o If you need urgent medical attention, contact 911.
- **More information**
 - o If you have further questions please contact Telehealth at 1-866-797-0000, your health care provider, or your public health unit.
 - o Toronto Public Health. Novel Coronavirus (COVID-19)
<https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/>
 - o Public Health Agency of Canada. Coronavirus disease (COVID-19)
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

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