

How to self-isolate (for people with symptoms)

You have been advised by Telehealth, your health care provider, or your local public health unit to self-isolate.

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

- **Stay home**
 - o Do not go to work, school, or public areas.
 - o Do not use public transportation, taxis or ride-shares
 - o Your health care provider or Toronto Public Health will tell you when you no longer need to self-isolate.
- **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.
- **Wear a mask over your nose and mouth**
 - o Wear a mask if you must leave your house to see a health care provider.
 - o Wear a mask when you are within two metres of other people.
 - o You should wear a mask when you are in the same room with other people.
 - o If you cannot wear a mask, the people who live with you should wear one while they are in the same room with you.

- **Clean your home**
 - Clean your home with regular household cleaners.
 - Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.
- **Avoid sharing household items**
 - Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with others.
 - After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
 - Dishwasher and washing machines can be used.
 - Do not share cigarettes.
- **Wash laundry thoroughly**
 - There is no need to separate the laundry.
 - Clean your hands with soap and water or alcohol-based hand rub immediately after doing laundry.
- **Be careful when touching waste**
 - All waste can go into regular garbage bins.
 - When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
 - Clean your hands with soap and water or alcohol-based hand rub after emptying the wastebasket.
- **Monitor your symptoms**
 - If your symptoms are worsening, and you are concerned, contact Telehealth @ 1-866-797-0000 or your health care provider.
 - If you need urgent medical attention, contact 911.
- **Travel to/from the hospital or health care provider's office:**
 - Do not use public transportation.
 - Drive yourself if possible.
 - 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).
 - 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.
 - If you need urgent medical attention, contact 911.
- **Test Results**
 - If you were tested for COVID-19 at an assessment centre and did not receive your test results within 4 days, Toronto residents may contact Toronto Public Health at 416-338-7600.
- **More information**
 - If you have further questions please contact Telehealth at 1-866-797-0000, your health care provider, or your public health unit.
 - Toronto Public Health. Novel Coronavirus (COVID-19). <https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/>
 - Public Health Agency of Canada. Coronavirus disease (COVID-19). <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

March 15, 2020