

## COVID-19

### How to self-isolate (for people with no symptoms)

#### You must stay home and self-isolate if you have:

- Been in close contact with someone who has tested positive for COVID-19 or has symptoms of COVID-19
- Travelled outside of Canada, including the United States, within the past 14 days

#### For your protection, you should self-isolate if:

- You are 70+ years of age
- You have a weak immune system
- You have a medical condition

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

- **Stay home**
  - Do not go outside, unless on to a private balcony or enclosed yard where you can avoid close contact with others.
  - Shop online or have a friend or family member pick up supplies for you.
  - Do not use public transportation, taxis or ride-shares.
  - Staying home can still mean staying active. Try free-live-streamed fitness classes, or apps to guide your in-home workout.
- **Do not have visitors in your home**
- **Avoid contact with others**
  - 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.
  - If you have to be in contact with others, keep at least 2 metres/6 feet between yourself and the other person. Keep interactions brief and wear a face mask.
  - Make sure that shared rooms have good airflow (e.g., open windows).
- **Travelling home from the airport**
  - If possible, drive yourself.
  - If you must travel home via taxi/ride share, keep the windows open.
- **Cover your coughs and sneezes**
  - Cover your mouth and nose with a tissue when you cough or sneeze.
  - Cough or sneeze into your upper sleeve or elbow, not your hand.
  - Throw used tissues in a lined wastebasket, and clean your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
  - After emptying the wastebasket clean your hands.
- **Clean your hands**
  - 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.
  - Use alcohol-based hand sanitizer if your hands are not visibly dirty.

- Avoid touching your eyes, nose, and mouth with unclean hands.
- **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 for symptoms**
  - If you develop symptoms, continue to self-isolate for 14 days from symptom onset.
  - If you have questions about your symptoms, contact Telehealth at 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.
- **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>