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**
  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 was 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 your symptoms are worsening, and you are concerned, contact Telehealth @ 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.

• **Test Results**
  o 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**
  o If you have further questions please contact Telehealth at 1-866-797-0000, your health care provider, or your public health unit.

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