

## COVID-19

### How to self-isolate (for people with symptoms)

*You have symptoms of COVID-19 (e.g., fever, cough, sneezing, sore throat, difficulty breathing, muscle aches, tiredness) or you have been diagnosed with COVID-19.*

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 private enclosed yard where you can avoid close contact with others.
  - Do not use public transportation, taxis or ride-shares.
  - Shop online or have a friend or family member pick up supplies for you.
  - Staying home can still mean staying active. Try free live-streamed fitness classes or apps to guide your in-home workout.
  - Your health care provider or Toronto Public Health will tell you when you no longer need to self-isolate.
- **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.
  - Make sure that shared rooms have good airflow (e.g. open windows).
- **Keep Distance**
  - If you are in a room with other people, keep a distance of at least 2 metres/6 feet from others as much as possible and wear a mask that covers your nose and mouth.
  - 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**
  - 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.
- **Wear a mask over your nose and mouth**
  - Wear a mask if you must leave your house to see a health care provider.
  - Wear a mask when you are within two metres of other people.
  - You should wear a mask when you are in the same room with other people.
  - 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 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.
  
- **Testing**
  - 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.
  - The priority of the health care system is being able to test those most in need. Not everyone requires testing.
    - If you were not tested but you have symptoms of COVID-19, please inform anyone you had close contact with to self-isolate for 14 days from the last day they had contact with you. This applies to people who live in your household and to anyone else you had close contact with while you were sick and not self-isolating, and up to 48 hours before you were sick.

- **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>