

## COVID-19

### 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**

- 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.
- Should you need to go outside, keep at least 2 metres/6 feet away from others.
- 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.
- **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>