COVID-19: How to self-isolate

You must isolate yourself from others if:
- You have COVID-19, OR
- You have COVID-19 symptoms (e.g., fever, cough, sneezing, sore throat, difficulty breathing, muscle aches, tiredness), OR
- You may have been exposed to COVID-19, OR
- You have returned from anywhere outside Canada, including the United States, within the past 14 days

Follow these instructions when isolating:

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.

Avoid contact with others
- Do not have visitors unless essential (e.g., care providers).
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room from other people in your home and use a separate bathroom if you have one.
- If you have to be in contact with others, practise physical distancing and keep at least 2 metres between yourself and the other person.
- Make sure that shared rooms have good airflow (e.g. open windows).

Cover your coughs and sneezes
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a wastebasket lined with a plastic bag, and clean your hands.
- Clean your hands after emptying the wastebasket.
- If you do not have a tissue, cough or sneeze into your upper sleeve or elbow, not your hand.

Clean your hands
- Clean your hands often with soap and water and lather 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 if you are within two metres of other people, or stay in a separate room.
- Ensure your mask completely covers your nose and mouth and make sure there are no gaps between your face and the mask.
- If a medical mask is not available, a non-medical mask or facial covering (e.g., homemade cloth mask, dust mask, bandana, scarf) can be worn.
- If you do not have a mask, maintain at least two metres from people and cover your cough/sneeze.
- If you cannot wear a mask, people should wear a mask when they are in the same room as 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.

Monitor your symptoms
- If you develop symptoms or 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 family member, friend, taxi, or ride share. Sit in the back seat, open the window, and wear a mask.
- If you take a taxi/ride share, record company name and operator number.

Testing
- The priority of the health care system is being able to test those most in need. Not everyone requires testing.
- If you were tested for COVID-19 please visit covid-19.ontario.ca and click on "check your lab results."
  o Results can take up to 4 days.
  o Toronto residents who have issues accessing results, or who do not have internet access, may contact Toronto Public Health at 416-338-7600.
  o Individuals without a health card must follow up with the assessment centre or testing physician directly for lab results.

Inform your contacts if you have symptoms of COVID-19
- Please inform anyone who lives in your household and anyone else you had close contact with to isolate for 14 days from the last day they had contact with you.
- This applies to anyone you had close contact with up to 48 hours before you were sick and while you were sick.

When to end self-isolation
- If you had symptoms:
  o Isolate for 14 days beginning when your symptoms started.
  o After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with physical distancing measures. If you are still unwell at 14 days, contact Telehealth or your health care provider.
- If you did not have COVID-19 symptoms but were tested:
  o Follow the advice of public health.
- If you had contact with someone with COVID-19 or COVID-19 symptoms:
  o Isolate for 14 days after your last contact with that person.
- If you are a health care worker:
  o Follow up with your Occupational Health and Safety Department before returning to work.

More information
- For more information, visit our website at www.toronto.ca/COVID19 or call us at 416-338-7600.