

## COVID-19 How to self-isolate in congregate living settings

### You must isolate yourself from others if:

- You have COVID-19, OR
- You have COVID-19 symptoms (e.g. fever, new or worsening cough, sneezing, sore throat, difficulty breathing, headache, muscle aches, tiredness, loss of taste or smell, nausea, vomiting or diarrhea), OR
- You may have been exposed to COVID-19.

### Follow these instructions when isolating:

#### Stay inside

- Do not go outside.
- If you need to smoke outside, keep at least two metres/six feet between yourself and others, and do not share your cigarette or drug-use equipment with others.
- Do not use public transportation, taxis or ride-shares.

#### Avoid contact with others

- Do not hang out with others in-person (e.g. connect with others by phone).
- Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).
- Stay separate from others and use a separate bathroom if you are able to.
- If you have to be in contact with others, practise physical distancing and keep at least two metres/six feet between yourself and the other person.
- Open windows if you are sharing a room to allow for good airflow,

#### Avoid sharing 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 your cigarettes or drug-use equipment with others.

#### 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 residence to see a health care provider.
- Wear a mask if you are within two metres/six feet 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/six feet 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.

**Monitor your symptoms**

- If you develop symptoms or your symptoms are worsening, and you are concerned, let your shelter provider or your health care provider know.
- If you need urgent medical attention, let your shelter provider know or contact 911.

**Travel to/from the hospital or health care provider's office**

- Do not use public transportation.
- Let your shelter provider know to help arrange transportation for you.

**Testing**

- The health care system is prioritizing testing for those most in need.
- If you were tested for COVID-19, please visit [covid-19.ontario.ca](https://covid-19.ontario.ca) and click on "check your lab results."
  - Results can take several days.
  - Toronto residents who have issues getting their test results, or who do not have internet access, may contact Toronto Public Health at 416-338-7600.

**Inform your contacts if you have symptoms of COVID-19**

- Please inform anyone 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:
  - Isolate for 10 days from the day your symptoms started.
  - After 10 days, you can stop isolating if you no longer have a fever and your symptoms have improved. You should continue to practice physical distancing. If you are still unwell at 10 days, contact the shelter provider or your health care provider.
- If you did not have COVID-19 symptoms but were tested:
  - Follow the advice of public health.
- If you had contact with someone with COVID-19 or COVID-19 symptoms:
  - Isolate for 14 days after your last contact with that person.

**More information**

For more information, visit our website at [www.toronto.ca/COVID19](http://www.toronto.ca/COVID19) or call us at 416-338-7600.