

# Looking after Yourself and Your Family during COVID-19 Self-Isolation

Follow these steps if you or anyone in your household has COVID-19 symptoms or tests positive:

## 1 Confirm if you need to self-isolate.

Take the online self-assessment for advice: [bit.ly/c19ont1](https://bit.ly/c19ont1)

## 2 Get assessed for testing and treatment, if eligible.

Take the online treatment screener for advice: [bit.ly/c19ont2](https://bit.ly/c19ont2)

## 3 Protect others.

Follow public health measures to prevent COVID-19 spread.

### COVID-19 Symptoms

- Fever >37.8°C and/or chills
- Cough
- Difficulty breathing
- Decrease or loss of taste/smell
- Sore throat
- Headache
- Feeling very tired
- Runny nose/nasal congestion
- Muscle aches/joint pain
- Nausea, vomiting or diarrhea

No internet? Call 811 for advice on self-isolation, testing and treatment.

## Stay home & self-isolate

Each household member should take the COVID-19 [online self-assessment](#) to get self-isolation instructions for their specific situation.

Self-isolation means staying home. **DO NOT:**

- Go to work, school or other public places.
- Use public transportation, taxis or ride shares.
- Have visitors, unless essential, like healthcare providers.

Tell essential visitors that you are self-isolating ahead of time. Caregivers in the home should continue providing care and support to the people they live with, even if they are self-isolating.

For information, contact Toronto Public Health at 416-338-7600 Monday to Friday from 8:30 am – 4:30 pm or 311 on evenings and weekends.



## COVID-19 Treatment

COVID-19 antiviral treatments are available and free to eligible people who are at higher risk of getting seriously sick. To get treatment, you must have tested positive for COVID-19 and get assessed by a health care provider. Take the online COVID-19 [treatment screener](#) to find out if you are eligible, as well as where to get testing and care.

It is important to speak with a health care provider immediately, even if you have mild symptoms. Antiviral treatments must be started within 5 to 7 days from when symptoms began.



## Help stop the spread of COVID-19

Anyone who is required to self-isolate should, as much as possible:

- Stay home in a separate room and away from others.
- Avoid eating meals or sharing a bed with others.
- Wear a well-fitted mask and keep at least two metres from others when leaving their room.
- Use a separate bathroom. For shared bathrooms, use different towels and clean surfaces after each use.

All household members must follow these steps for 10 days after their last exposure to the person with COVID-19:

- Self-monitor for COVID-19 symptoms. If symptoms develop complete the COVID-19 online self-assessment for instructions.
- Wear a well-fitted mask in public places and avoid activities that require mask removal (e.g. dining out).
- Do not visit or work in high-risk settings like hospitals, long-term care homes, or congregate living settings.
- Do not visit people who may be at higher risk for illness like seniors and people with a weak immune system.

### Inform others outside your household:

- If you have COVID-19 symptoms or tested positive, tell your close contacts who do not live with you to monitor for symptoms.

Learn more about preventing COVID-19 spread at [toronto.ca/covid-19-reduce-virus-spread](https://toronto.ca/covid-19-reduce-virus-spread)

## Seek medical attention, if necessary

Get medical attention right away if you have ANY of the following:

- Shortness of breath
- Chest pain
- Weakness
- Lack of energy; feeling extremely sleepy, unconscious
- Dizziness

Speak to your health care provider if your symptoms are not improving after a week.

### Infants and children should be taken to a hospital emergency if they are:

- Under 3 months of age and have a fever or trouble breathing or appear unwell
- Over 3 months of age with any of the following:
  - Fever longer than 7 days
  - Fever with a rash or weak immune system
  - Fast breathing or trouble breathing
  - Bluish skin colour
  - Not drinking enough fluids
  - Not waking up or not interacting with others
  - Being so irritable that the child does not want to be held
  - Constant vomiting or diarrhea

### Get vaccinated

Once your self-isolation period is over, make sure you are up-to-date with your vaccinations. This includes getting all booster doses, when eligible. Learn more at [Toronto.ca/COVID19Vaccine](https://toronto.ca/COVID19Vaccine)

### For more information contact:

- Your healthcare provider
- Health Connect Ontario (24 hours): Call 811
- Toronto Public Health Hotline (8:30 a.m. – 4:30 p.m.):
  - 416-338-7600
  - TTY: 416-392-0658
  - Interpretation is available in many languages.
  - [toronto.ca/covid19](https://toronto.ca/covid19)