



COVID-19 QUARANTINE INFORMATION

For Ukrainians Newly Arrived in Canada and Their Host

INFORMATION FOR PEOPLE WHO ARE QUARANTINING:

Self-Isolate



- Follow the directions provided by the Canada Quarantine Officer and self-isolate for the mandatory period if applicable.
- Do not leave your place of quarantine (e.g., host's home) unless you need to get tested for COVID-19 or require emergency/essential medical care.
- Stay at the host's home and on their private outdoor spaces (e.g., private balcony, deck, yard).
- Do not use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.

Avoid Contact with Others Who Did Not Travel with You



- Stay in a separate room away from others who are not quarantining, as much as possible. If you are quarantining with other family members, you can quarantine together in the same area of the house.
- Use a separate bathroom if possible.
 - If using a separate bathroom is not possible, clean the surfaces that you have touched in the bathroom after each use.
- Do not share a kitchen with people who are not quarantining, if possible.
 - If this is not possible, only use the kitchen at separate times and use your own dish cloths and towels. Clean the surfaces and other kitchen items after use.

Wear a Mask



- Wear a well-fitted mask that covers your nose and mouth if you must leave your host's home.
- Wear a well-fitted mask and maintain a distance of at least 2 metres when you are in the same room as others who are not quarantining.

Clean your Hands



- Clean your hands often with soap and water and dry your hands with a paper towel or a cloth towel that no one else will use.
- An alcohol-based hand sanitizer (60-90% alcohol) may also be used to clean hands.

Monitor for Symptoms



- Monitor yourself for symptoms of COVID-19.
 - Refer to the Government of Canada website for a list of symptoms: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>
- If you develop symptoms, complete the COVID-19 Self-Assessment (<https://covid-19.ontario.ca/self-assessment/>)



COVID-19 QUARANTINE INFORMATION

For Ukrainians Newly Arrived in Canada and Their Host

Do Not Take Public Transportation



- If you must go for an essential/emergency medical or testing appointment, you should travel in a private vehicle.
- If you have to take transit or a private vehicle with another person (e.g., taxi), you should:
 - Wear a mask,
 - Sit in the back seat,
 - Keep the window down (if weather permits), and
 - Clean your hands before and after travel.

INFORMATION FOR HOSTS:

Wear a Mask



- When in the same room or close proximity with a person who is quarantining, you should wear a well-fitted mask, have them wear a mask, and keep at least a 2 metre distance.



Clean Your Hands

- Clean your hands with soap and water or alcohol-based hand sanitizer after contact with the person(s) who is quarantining or any items/surfaces they may have touched.

Provide Assistance to the Person in Quarantine



- Ensure access to essential items (e.g., groceries, medications) for the duration of the quarantine period.
- Assist with preparing meals if they are unable to cook their own meals.
- Assist with arranging or providing transportation (e.g., in a private car), if needed.
- Assist with laundry, if needed. There is no need to separate laundry, but clean your hands after handling.
- If the person in quarantine requires personal assistance (e.g., walking, bathing, eating), ensure you:
 - Clean your hands after interacting with the person who is quarantining.
 - Wear a mask and gloves when you have contact with the person's saliva or other body fluids (e.g., blood, sweat, saliva, vomit, urine or feces).

Clean Your Home



- Clean your home with regular household cleaners.
- Every day, clean frequently touched items in shared areas such as toilets, sink tap handles, doorknobs, and bedside tables.
- Provide the person who is quarantining with regular household cleaning products to clean their area of the home.



COVID-19 QUARANTINE INFORMATION

For Ukrainians Newly Arrived in Canada and Their Host

- Items used by the person in quarantine (e.g., utensils, plates, bedding) should be washed with soap or detergent in warm water. No special soap is needed. Dishwashers and washing machines can be used.



Dispose of Garbage and Waste in Regular Garbage Bins

- All waste can be disposed of in regular garbage bins.

Improve Indoor Air Supply and Quality



- Ensure the home has good ventilation/fresh air. You can do this by:
 - Opening windows if weather permits and it is safe to do so.
 - Ensuring ventilation supply and return vents are not obstructed.
 - Keeping bathroom and kitchen exhaust fans running longer or often.
 - Ensuring the furnace or HVAC system is maintained.

For additional resources, refer to:



- Toronto Public Health - COVID-19: Symptoms, Illness, Exposure & Testing website: <https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/>
- Government of Canada – COVID-19: How to quarantine or isolate at home webpage: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/quarantine-isolate-home.html>
- Government of Canada – Immigration measures for people affected by the Russian invasion of Ukraine: <https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/ukraine-measures.html>

Sources:

- Health Canada: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/quarantine-isolate-home.html>
- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- TPH: <https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/covid-19-caring-for-someone-with-covid-19/>
- PHO: [COVID-19: Self-isolation: Guide for caregivers, household members and close contacts \(publichealthontario.ca\)](#)
- Health Canada: [coronavirus-factsheet-self-isolation-at-home-en.pdf \(canada.ca\)](#)