

May 23, 2003

**To: Anyone Placed In Quarantine to prevent the spread of SARS**

We are asking for your cooperation to contain the spread of Severe Acute Respiratory Syndrome (SARS). You have been notified by York Region Health Services that you have been placed in quarantine and should remain in your home in isolation for the period indicated to you. This means that you should not leave your house, nor should any one visit you at home. You may go outside in your backyard as long as the yard is not shared with other households.

During your quarantine period, we ask that you:

- Spend as little time as possible in the same room as other people in your home
- Avoid any direct contact with others in your home
- Wear a mask any time you are in the same room as another member of your household. Change your mask according to manufacturer instructions. Family members do not have to wear a mask
- If you have to help small children, wash your hands, wear a mask and consider wearing gloves as an extra precaution
- Do not share personal items, such as towels, drinking cups, cutlery, toothbrushes, telephones (clean receiver after use if you must share), etc.
- Wash your hands frequently during the day
- Sleep in a separate room from other members of your home. If this is not possible, sleep as far apart as possible
- Measure your temperature with your own thermometer twice a day over the 10-day period

As long as you remain healthy, your family members do not need to stay home because there is no risk they can transmit SARS. However, if you become ill, everyone in the house must stay at home in isolation for a period of time at least 10 days from when symptoms began. If someone else in your family becomes ill, everyone must remain isolated at home for 10 days from the time the last family member began showing symptoms. This must be done to ensure household members do not reinfect each other before resuming normal contact outside the house.

If you are in isolation and begin to develop symptoms, such as a fever (over 38° C/100.4° F), respiratory symptoms (cough, shortness of breath, difficulty breathing), headache, or simply feeling unwell, you should immediately call your doctor and/or Telehealth Ontario at 1-866-797-0000 (TTY 1-866-797-0007) or York Region Health Services **Health Connection** at 1-800-361-5653, where you will be advised how to seek medical attention.

Someone from York Region Health Services will be calling your home twice a day to follow up on how you are feeling and what your temperature has been. Please inform this person if you require emergency supplies of groceries, medications, or other essential items to be delivered to you. Thank you for your cooperation during this difficult time.