COVID-19 SELF-ISOLATION ADVICE

Self-isolate for 14 days if you have any of the following:

- Symptoms such as fever, new or worsening cough, or new or worsening shortness of breath, muscle aches, fatigue, headache, sore throat, runny nose or diarrhea
- Close contact with a person who is sick with any of the above symptoms and has recently travelled outside of Canada
- Close contact with someone who has COVID-19
- Travel history outside of Canada in the last 14 days

Self-isolation means staying at home and avoiding situations where you could come in contact with others. Please follow the instructions below to reduce the risk of spreading illness.

Stay home except when seeking urgent medical care

- Do not go to work, school or public areas
- Re-schedule all non-urgent medical appointments
- If you require medical attention, use a private vehicle for transport. Do not use public transportation

Using a private vehicle for transport

- Drive yourself, if possible – and if this is not possible, arrange a ride from a family member or friend
- Wear a surgical/procedural mask if travelling with another person in the vehicle, and the driver of the vehicle should also wear a surgical mask
- Try to sit as far as possible from the driver (e.g., in the rear passenger seat) with the window open (weather permitting)
- Clean any touched vehicle surfaces with detergent (soap) and water, then disinfect with an over the counter disinfectant

Monitor your symptoms

Monitor yourself for new symptoms or signs of COVID-19. Take and record your temperature daily to monitor for a fever (temperature of 38°C or higher). If you have used acetaminophen (e.g., brand name Tylenol) or ibuprofen (e.g., brand name Advil), take your temperature four hours after using these medications as they mask a fever.

If you begin to experience symptoms:

- Call your health care provider, York Region Public Health at 1-800-361-5653 or Telehealth Ontario at 1-866-797-0000
- Seek assessment at a COVID-19 Assessment Centre (Markham Stouffville Hospital, Mackenzie Health and Southlake Regional Health Centre)
- Get in touch with everyone you have been in close contact with from 48 hours before your symptoms started and while you had symptoms and ask them to immediately self-isolate for 14 days
  - Close contacts include people you live with, have had intimate relationships with, people who have cared for you or that you have cared for (for example with bathing, feeding or dressing), people that you have visited with, spent time with at work, or that have come to your home
Separate yourself from other people in your home

- Stay in a separate room, away from other people in your home as much as possible
- Household members should stay in a different room and use a separate washroom if possible
- Do not have visitors to your home, if possible
- Avoid sharing any personal items with others that can come into contact with saliva, such as toothbrushes, eating utensils, cups/bottles, towels, or bedding

Wear a surgical mask

- If you are symptomatic, wear a surgical/procedural mask when you are within two metres of other people, and if leaving home to seek medical attention
- If you cannot wear a mask, others should wear a surgical mask when they are around you
- If the mask becomes wet or dirty with secretions, change the mask immediately
- Wash your hands after removing the dirty mask and before putting on the clean mask

Clean your hands

- Wash your hands thoroughly and often for at least 20 seconds, including between your fingers, under your fingernails and your wrists. Dry your hands with a disposable paper towel. If a cloth towel is used, dedicate that towel to one person and replace it when wet
- If hands are not visibly dirty, an alcohol-based hand sanitizer can be used to clean your hands
- Avoid touching your eyes, nose or mouth with unwashed hands

Cover your cough and sneezes

- Cover your cough or sneeze using a tissue, being sure to cover your mouth and nose. Throw the tissue into a garbage lined with a plastic bag and wash your hands immediately with soap and water, or use alcohol-based hand sanitizer
- If you don’t have tissues, cough or sneeze into your elbow or sleeve

Cleaning and disinfecting within your home

- Clean and disinfect all frequently touched surfaces in your home, including bathroom and toilet surfaces, at least once a day and when contaminated with respiratory secretions. Clean with detergent (soap) and water, then disinfect with an over the counter disinfectant
- Clean and disinfect thermometers after each use

How long to self-isolate

- Remain at home on self-isolation until 14 days since your return to Canada (if returning from travel) or 14 days after your symptoms started and you no longer have a fever and your symptoms are improving
- If you are a health care worker, you must connect with your Occupational Health and Safety Department before returning to work

If other members of your household develop respiratory symptoms

If other members of your household start to have respiratory symptoms, call York Region Public Health right away at 1-800-361-5653. Remember that symptoms of COVID-19 can take up to 14 days to appear.