

# 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, shortness of breath, sore throat or difficulty swallowing, new smell or taste disorder(s), nausea/vomiting, diarrhea, abdominal pain, runny nose or nasal congestion (unrelated to seasonal allergies, post-nasal drip, etc.)
- Tested positive for COVID-19
- Been in close contact with someone who has tested positive for COVID-19
- Travel history from a COVID-19 affected area

**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 spread of COVID-19.**

## Stay home except when seeking urgent medical care

- Do not go to public places; e.g., work, grocery stores, child care centres
- Reschedule all non-urgent medical appointments
- If you require medical attention, drive yourself and use a private vehicle for transport, if possible
  - Do not use public transportation
  - If you get a ride from a friend, family member or ride share, follow [carpooling advice](#) to reduce the risk of transmission

## Monitor your symptoms

Monitor yourself for new [symptoms or signs](#) of COVID-19.

- Take and record your temperature daily to monitor for fever (temperature of 37.8°C or higher)
- If you have used acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil, Motrin), take your temperature four hours after using these medications as they mask a fever

## If you begin to experience symptoms:

- Seek assessment at a COVID-19 Assessment Centre
  - [Mackenzie Health](#)
  - [Markham Stouffville Hospital](#)
  - [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](#) are 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) and people that you have visited with, spent time with at work, or that have come to your home
- Remember that symptoms of COVID-19 can take up to 14 days to appear

## 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 with others any personal items that can come into contact with saliva, such as toothbrushes, eating utensils, cups/bottles, towels, bedding

## Wear a surgical mask

- If you are symptomatic, wear a [surgical/procedural mask](#) when you are within 2-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 your 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 often and thoroughly for at least 15 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 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 an 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 and then disinfect with an over-the-counter disinfectant
- Clean and disinfect thermometers after each use

## How long to self-isolate

- Self-isolate for 14 days beginning when your symptoms started. After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved
- By law you must self-isolate for 14 days since your return to Canada (if returning from travel)
- If you were tested for COVID-19, follow the [Tested. Now What](#) advice for your specific situation
- If you are a health care worker, you must follow up 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 have them seek assessment and testing at a [COVID-19 Assessment Centre](#) or call York Region Public Health 1-800-361-5653.