

February 12, 2020

## **COVID-19 Self-Isolation Advice**

**You have been advised by your healthcare provider and/or York Region Public Health to self-isolate. York Region Public Health may contact you during your self-isolation to follow up with you. Please follow the instructions below to reduce the risk of spreading illness to others.**

**York Region Public Health will contact you regarding when you can end self-isolation.**

### **Monitor your symptoms**

Seek prompt medical attention if you become ill or if your illness is worsening (e.g., difficulty breathing). Before seeking medical attention, please try to call your health care provider or Emergency Department and tell them that you are being assessed for COVID-19 (formerly referred to as novel coronavirus or 2019-nCoV).

You should also attempt to contact York Region Public Health at 1-877-464-9675 ext. 73588 (Monday to Friday: 8:30 a.m. to 4:30 p.m.) or 905-953-6478 after hours prior to seeking medical attention.

If your illness is worsening and you are unable to contact your health care provider, the Emergency Department or York Region Public Health prior to seeking medical attention, please do not delay care. Contact 911 and advise that you are being assessed for COVID-19.

### **Stay home except when seeking urgent medical care**

- Remain at home on self-isolation until public health advises you that self-isolation is over. This includes (but is not limited to) not going to work, school, public areas, or travelling
- Re-schedule all non-urgent medical appointments
- If you require medical attention, use a private vehicle for transport. Drive yourself if possible – and if this is not possible, arrange a ride with a family member or friend. You must wear a mask if travelling with another person in the vehicle
- Do not use public transportation

### **Call ahead before going to see a health care provider**

- As mentioned above, if you need to see a health care provider, please call ahead to tell them that you have, or are being investigated for, COVID-19
- Wear a surgical (ear loop) mask over your nose and mouth when leaving your home to attend a medical appointment

### **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 alcohol-based hand sanitizer
- If you don't have tissues, cough or sneeze into your elbow or sleeve

## **Wear a surgical mask**

- If you are symptomatic, wear a surgical 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 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

## **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

## **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 all items contaminated with saliva or respiratory secretions (e.g., eating utensils, thermometer)

## **If other members of your household develop respiratory symptoms**

If other members of your household start to have symptoms of respiratory infection, such as fever, new or worsening cough or shortness of breath, call York Region Public Health right away at 1-877-464-9675 ext. 73588 (Monday to Friday: 8:30 a.m. 4:30 p.m.) or 905-953-6478 after hours.

### If you require medical attention:

- try to call the health care provider or Emergency Department and let them know about the household member's respiratory symptoms and any exposure to someone being investigated for the COVID-19
- use a private vehicle for transport. Drive yourself if possible – and if this is not possible, arrange a ride with a family member or friend. You must wear a mask if travelling with another person in the vehicle. Do not use public transportation
- do not delay seeking medical care if symptoms are worsening

Remember that symptoms of COVID-19 can take up to 14 days to appear.

Please visit [york.ca/covid19](http://york.ca/covid19) for the latest information. You can also visit the Ontario Ministry of Health website at [Ontario.ca/coronavirus](http://Ontario.ca/coronavirus) for more information.