

Coronavirus Disease 2019 (COVID-19)

How to self-isolate

(for anyone being asked to stay home)

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact the nursing station/health center, your health care provider, Telehealth (1-877-797-0000) or your local public health unit.

Stay home

- Do not go to work, school or other public places.
- Do not use taxis or share car rides.
- Your health care provider, public health unit or community leadership will tell you when it is safe to leave your home.



Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from elders and people with chronic medical conditions like high blood pressure, a history of heart attack or stroke, diabetes, lung problems or immune system problems.



Avoid contact with others

- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow and open windows if possible



Keep distance

- If you are in a room with other people, keep a distance of two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



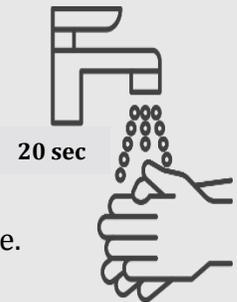
Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket, wash your hands.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Avoid touching your eyes, nose and mouth unless you have just washed your hands with soap.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- You can continue to use tap water under a Boil Water Advisory (BWAs) for handwashing and personal hygiene



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people.



How to treat yourself

- If you need to take pain relief, ask your health care provider.
- It is still recommended to get your flu shot if you haven't already.

Stay informed

You can access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus