

## Coronavirus Disease 2019 (COVID-19)

# How to Self-isolate

The information below describes ways you can reduce the risk of COVID-19 transmission to others, if you have been advised to self-isolate. To find out if you need to self-isolate according to current provincial guidance, please see the Ministry of Health's [COVID-19 Self-Assessment Tool](#).

Contact Telehealth (1-866-797-0000) or your health care provider if you have questions or concerns about your symptoms or illness. In a medical emergency call 911.

### Stay home while you are self-isolating

- Do not go to work, school, child care, or other public places.
- If possible, arrange to have your essential needs delivered (e.g. groceries, medications).
- If you need to leave home (e.g., for testing or emergency medical care) consider travelling by private vehicle, if you have this option. Wear a well-fitted mask in all indoor spaces and outdoors if physical distancing of 2 metres cannot be maintained.
- If travelling by public transit or a private hired vehicle (e.g., taxi) wear a well-fitted mask for the duration of the trip, keep the passenger window down (if weather permits) and perform hand hygiene before and after your travel.

### Avoid contact with others as much as possible

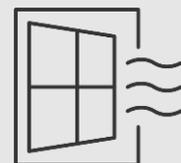
- Avoid visitors unless they are essential (e.g., care providers).
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems) and weakened immune systems, wherever possible.
- If possible, stay in a separate room in your living space, away from other people and use a separate bathroom if you have one.



### Improve fresh air supply and indoor air quality

Ensure your home has good ventilation/fresh air. You can do this by:

- Opening windows if weather permits and is safe to do so.
- Running bathroom and kitchen exhaust fans longer or often.
- Ensuring ventilation system is maintained and supply/return vents are not obstructed.
- Running your portable air cleaner if you have one.



## Wear a mask and keep your distance

- Wear a well-fitted mask if you are in a room or enclosed space with other people, if you can do so safely. See Public Health Ontario's [Optimizing the Use of Masks Against COVID-19](#).
- Suggest others wear a mask to reduce their risk of infection while in the same room or enclosed space with you (excluding children under two years of age).
- In addition to wearing a mask, if you need to be in a shared room or space, keep your distance from others if possible, to help reduce risk of spread.



## Clean your hands

- Clean your hands often with soap and water and dry your hands with a paper towel or with a cloth towel that no one else will use.
- Alcohol-based hand sanitizer may also be used to effectively clean hands.



## Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you do not have a tissue cough or sneeze into your upper sleeve or elbow, not your hand.
- Clean your hands after using a tissue.



To learn more and access up-to-date information on COVID-19, visit the Ontario Ministry of Health's website at [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

The information in this document is current as of October 2022.

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