If you are caring for or living with someone who has COVID-19 symptoms, tested positive for COVID-19 or may have been exposed to COVID-19, you are considered a ‘close contact.’ Stay home and away from other people. Monitor your own health and if you start to feel sick and have worsening symptoms, contact your health care provider.

Clean your hands often
- Clean your hands with soap and water or alcohol-based hand sanitizer after each contact with the infected person and throughout the day.

Wear mask, gloves and eye protection
- Wear a mask, gloves and eye protection when you have contact with the person’s saliva, phlegm or other body fluids (e.g., blood, sweat, vomit, urine and feces).
- Examples of eye protection include safety glasses, goggles and face shields.

Dispose of gloves and mask after use
- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with a plastic bag. Cloth masks can be washed with other laundry using a high temperature cycle.
- Take off the gloves first and clean your hands with soap and water or alcohol-based hand sanitizer before taking off your mask.
- Most face shields and goggles can be reused and cleaned between use with dish detergent and water or disinfectant wipe.
- Clean your hands again before touching your face or doing anything else.

Avoid sharing household items
- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the infected person.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes or vapes.
Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g., diabetes, lung problems and immune deficiency) away from the infected person.
- When in a room with an infected person, have them wear a mask, keep your distance and wear a mask.

Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.

Wash laundry thoroughly

- There is no need to separate laundry, but you should clean your hands after handling.

Be careful when touching waste

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water or alcohol-based hand sanitizer after emptying the wastebasket.

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.
- Ensuring ventilation supply and return vents are not obstructed.
- Keeping bathroom and kitchen exhaust fans running longer or often.
- Ensuring the furnace or HVAC system is maintained.

Learn about the virus

To learn more and access up-to-date information on COVID-19, visit the Ontario Ministry of Health’s website: ontario.ca/coronavirus.

The information in this document is current as of March 8, 2022

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