

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

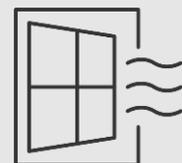
- Avoid visitors unless they are essential (e.g., care providers).
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems) and weakened immune systems, wherever possible.
- If possible, stay in a separate room in your living space, away from other people and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

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