

Coronavirus Disease 2019 (COVID-19)

How to Self-Isolate

You must isolate yourself from others if you have COVID-19 symptoms or tested positive for COVID-19. If you have been exposed to COVID-19 and are not sure if you need to self-isolate, see [COVID-19 Self-Assessment Tool](#). If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

Stay home

- 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).
- Stay home unless you need to get tested or require emergency medical care.
- If you must be outside, keep a distance of at least two meters from others and wear a mask at all times.
- Do not use public transportation, taxis or rideshares.



Avoid contact with others

- No visitors unless essential (e.g., care providers).
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good ventilation/fresh air (e.g., open windows).



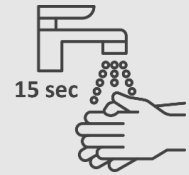
Keep your distance

- If you are in a room with other people, keep a distance of at least 2 metres and wear a mask.
- People should always wear a mask when they are in the same room as you.



Clean your hands

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



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.
- Clean your hands after using a tissue.



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider or to get tested for COVID-19.
- Wear a mask when you are within 2 metres of other people, or stay in a separate room.
- If you do not have a mask, maintain 2 metres distance from people and cover your cough and sneezes.



What should I do if I develop new or worsening symptoms?

- Complete the [COVID-19 Self-Assessment](#) if you develop symptoms.
- Contact Telehealth (1-866-797-0000) or your health care provider if you have questions.
- Travel to and from health care appointment in your private vehicle. If you have to take transit or a private hired vehicle (e.g., taxi), wear a mask and keep the passenger window down (if weather permits) and perform hand hygiene before and after your travel.
- Anyone with whom you had close physical contact (e.g., in your household) in the two days before your symptoms started or after symptoms started may need to self-isolate. If you have questions about this, follow the advice of your local public health unit. Your local public health unit will tell you how long you need to self-isolate based on your test results and/or situation.
- If you are still unwell at the end of your self-isolation period, contact Telehealth (1-866-797-0000) or your health care provider.

Learn about the virus

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

The information in this document is current as of March 31, 2022