

COVID-19

Self-isolation toolkit

Self-isolation toolkit

Important information for isolation

If you are contacted by public health because you tested positive for COVID-19 or as a close contact of a person with COVID-19, review the following documents within this package.

1.0 What you will need to self-isolate

2.0 How to self-isolate

3.0 How to wash your hands

4.0 How to wear a mask

5.0 Daily temperature reading log

Use one copy for each person who is self-monitoring for 14 days.

6.0 Thermometer use

Basic instructions on how to use a digital thermometer.

To access these resources in other languages, visit our [Translated Resources](#) page.

COVID-19

What you will need to self-isolate

1.0



If you do not have any of these items at home, please ask a friend or family member from outside of your household to pick them up for you. It is important that you do not leave the home to buy these items:

Masks – Disposable or Reusable Cloth Masks

- Wear a mask if you need to leave the home to seek medical attention. Do not leave the home unless your symptoms worsen, and you need to seek medical attention.
- If you live with other people and must be in the same room, wear a mask and keep a distance of at least 2 metres.



Thermometer

- to be used by family or household members who are self-monitoring.



Rubbing alcohol or alcohol wipes

- for cleaning the thermometer before and after every use.



Contact Peel Public Health at 905-799-7700 if you have any questions or concerns.

The information in this document is current as of August 26, 2020

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COVID-19

How to self-isolate

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

If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or Peel Public Health at 905-799-7700.

2.0



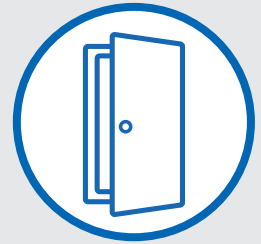
Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.



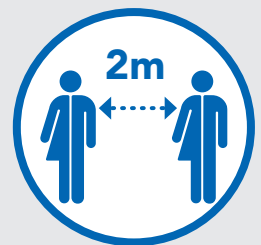
Avoid contact with others

- 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 as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.



Keep a distance

- If you are in a room with other people, keep a distance of at least 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.



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.
- Use an alcohol-based hand sanitizer if soap and water are not available.



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 wastebaskets with a plastic bag makes waste disposal easier and safer.
- Clean your hands after emptying wastebaskets.



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, or stay in a separate room.
- If you do not have a mask, maintain two meters distance from people and cover your cough and sneezes.



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The information in this document is current as of June 23, 2020

COVID-19

How to wash your hands



1

Wet



2

Soap



3

Lather



4

Rinse



5

Towel dry



6

Turn taps off
with towel

COVID-19

How to wear a mask

4.0



When it's hard to maintain physical distance and where mandatory inside public spaces.



1

Before putting on your mask, **wash your hands** with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.



2

Secure the elastic loops or ties of the mask around your ears.



3

Cover your nose, mouth and chin with the mask and make sure there are no gaps between your face and the mask.



4

Do not touch the front of the mask while you wear it. If you accidentally touch your mask, clean your hands.



5

To take off the mask, remove the elastic loops or ties of the mask from around your ears.



6

Hold only the loops or strings and place the mask in a garbage bin with a lid, or if reusable, directly into the laundry.



7

Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer after you have discarded your mask.

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Daily temperature reading log

Take your temperature around the same time each day for 14 days. Record temperature on the chart below.

Name: _____

Day #	Date	Time	Temperature	Symptoms (Yes or No)	If Yes to Symptoms, indicate what you are feeling (example: cough, runny nose, shortness of breath)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Contact Peel Public Health at 905-799-7700 if your temperature reading is above 37.8°C or 100.0°F.

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COVID-19

Thermometer use

Take your temperature around the same time each day for 14 days. Record your temperature and symptoms on the Daily Temperature Reading Log.

6.0



Do not drink or eat any hot or cold items 30 minutes prior to taking temperature.

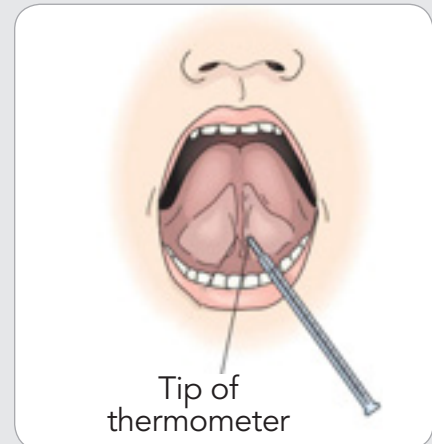


Clean and disinfect the thermometer before and after each use, using 70% Isopropyl alcohol (rubbing alcohol or alcohol wipe).



Steps for taking temperature with a digital oral thermometer

1. Place the tip of the thermometer in mouth under the tongue as shown in the picture.
2. Close mouth and breathe through nose. Temperature reading may take up to 30 seconds.
3. The temperature reading will be on the display. Record temperature on the **Daily Temperature Reading Log**.



A fever for an adult or child is any temperature **above 37.8 degrees Celsius or 100.0 degrees Fahrenheit**.



Use the thermometer according to the manufacturer's instructions provided with the thermometer. The instructions provide more detail on how to use your thermometer.



The information in this document is current as of September 23, 2020

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For more information visit peelregion.ca/coronavirus

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