

# How to self-isolate

Coping with COVID-19 is stressful. Together we are resilient and can reduce spread in our community.

If you have questions, or you start to feel worse, contact your health care provider, Health Connect Ontario (formerly Telehealth Ontario) at 811 (TTY: 1-866-797-0007) or Peel Public Health at 905-799-7700.

## Stay home

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



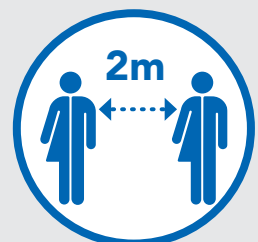
## Avoid contact with others

- Do not have visitors unless essential (e.g., care providers).
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- Stay in a separate room away from other people in your home and wear a well-fitted mask, as much as possible. 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 feasible, keep a distance of at least two metres as much as possible.
- If possible, another caregiver in the home should care for children in the home while you are isolating. If you cannot stay apart, your children need to stay home.



## Keep a 2 metre distance

- Keep a distance of at least two metres and wear a well-fitted mask that covers your nose and mouth if you are in a room with other people.



## 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 safer.
- Clean your hands after emptying wastebaskets.



## Wear a mask over your nose and mouth

- Wear a mask when you are within two metres of other people.
- Ensure your mask is well-fitted to your face, fully covering your nose, mouth and chin with no gaps.
- Wear a mask if you must leave your home to see a health care provider.
- If you do not have a mask, maintain two metres distance from people and cover your cough and sneezes.



## Co-isolate when needed

- Provide care and support to a child or person who needs help with daily living (such as bathing, feeding, clothing) if they are required to self-isolate.
- Caregivers should take additional measures to protect themselves and others in the home, including wearing a mask, washing hands often, and staying apart from others in the home.



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