



How to Self-Isolate

This is for an individual who may or may not have symptoms and has been advised to self-isolate

Remember

- 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, or Telehealth (1-866-797-0000)
- Go to the nearest Screening Center in London - Oakridge Arena or Carling Heights Community Centre

Stay Home

- Do not go to work, school or other public places.
- You may go outdoors (front or back yard, into the bush). Your health care provider will tell you when it is safe to leave.

Limit the number of visitors in your home

- Only have visitors who you must see, for example community health care workers.
- Keep the visits short.
- Keep away from elders and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).

Avoid contact with others

- Stay in a separate room away from other people in your home as much as possible.
- Use a separate bathroom if you have one.
- Make sure that shared rooms have open windows whenever possible.

Cover Cough 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 the garbage and wash your hands.
- Lining the garbage with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket wash your hands.

Wash Your Hands

- Wash your hands often with soap and water for 15-20 seconds.
- 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.

Wear a Mask Over Your Nose and Mouth

- Wear a mask if you must leave your house to see a health care provider.
- Call the health center ahead of time if you have a phone, so they can prepare for your visit.
- Wear a mask when you are within two meters of other people.