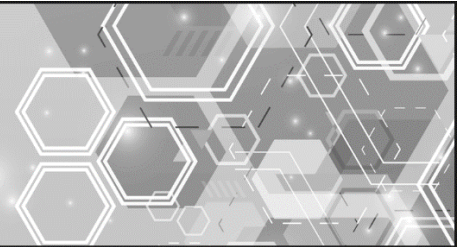




## Durham Region Health Department **Facts about...**



# **Novel Coronavirus (COVID-19) Self-Isolation**

## **What is self-isolation?**

- Self-isolation is used to prevent COVID-19 from spreading to others.
- It is used if you have tested positive for COVID-19, have symptoms of COVID-19 or have been identified as a close contact of someone with COVID-19.
- While on self-isolation you must stay home and away from other people. You should not go to work, school, use public transportation, or go to other public areas.
- You will need to make arrangements to remain isolated. This may include talking to your employer, finding support for children/dependents, or ensuring you have the supplies you need at home, such as groceries.
- You may leave your home for independent outdoor exercise but should maintain physical distance of at least 2 metres from others at all times. You should not go to outdoor fitness classes or personal training sessions. Wear a mask in common areas when leaving the property if self-isolating in an apartment building, condo or hotel

## **Can I attend medical appointments?**

- All non-urgent appointments should be delayed until you have completed your self-isolation period.
- If you must leave your house to see a health care provider, or require emergency medical attention, wear a mask over your nose and mouth, and notify them that you are a contact of COVID-19 or have COVID-19.

## **How can I protect myself and others in my home?**

- Stay in a separate room away from other people in your home as much as possible. If you must be in a room with other people, stay at least 2 metres apart and wear a mask that covers your nose and mouth. Advise those around you to wear a mask as well.
- If possible, use a separate bathroom.
- Make sure that shared rooms have good airflow (e.g., kitchen and bathroom). Keep the windows open in these rooms when possible.

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If you require this information in an accessible format, contact 1-800-841-2729.



- Cover your coughs and sneezes.
- If your hands are visibly dirty, wash your hands with soap and water for a minimum of 15 seconds. Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Do not share any items such as toothbrushes, eating utensils or drinks.
- High touch areas in your home, such as toilets, sink tap handles, doorknobs and bedside tables should be cleaned daily using regular household cleaners or more often when dirty.
- If you are providing care for a person with COVID-19, wear a mask, gloves and goggles when you have contact with the person's saliva or other body fluids (e.g. blood, urine, etc.).

If you are experiencing symptoms of COVID-19, find out if you are [eligible for testing](#).

For more information about COVID-19 visit [durham.ca/covidinfohub](https://durham.ca/covidinfohub).

May 9, 2022

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