



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



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

## **Preventing Spread in the Home**

This information is important to read and understand if you provide care for, live with, or have similar close contact with someone who is being tested for, or has been diagnosed with, novel coronavirus (COVID-19). People identified as close contacts of COVID-19 will be advised to self-isolate and remain on self-isolation for 14 days from their last potential exposure to COVID-19. You will be contacted for monitoring of signs and symptoms until you are no longer on self-isolation.

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

- Self-isolation is a strategy used to prevent COVID-19 from spreading to others.
- While on self-isolation you must stay home, and limit time spent with others.
- While on self-isolation 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, including discussions with your employer, alternate plans to support children/dependents, and taking steps to ensure an adequate supply of groceries and other necessities.
- You will remain on self-isolation until you are informed isolation is no longer required.

### **What do I look for?**

Common symptoms of COVID-19 include fever (temperature of 37.8 degrees Celsius or greater), new or worsening cough and shortness of breath (dyspnea).

Other symptoms of COVID-19 can include sore throat, difficulty swallowing, changes to sense of taste and/or smell, nausea/vomiting, diarrhea, abdominal pain and runny nose, or nasal congestion (not caused by seasonal allergies).

Atypical symptoms of COVID-19 should be considered, particularly in children, older persons, and people living with a developmental disability. Atypical symptoms can include unexplained fatigue, body aches, delirium, unexplained or increased number of falls, acute functional decline, exacerbation of chronic conditions, chills, headaches, croup, conjunctivitis, unexplained feeding difficulties in infants and multisystem inflammatory vasculitis in children.

Symptoms of multisystem inflammatory vasculitis in children may include persistent fever, abdominal pain, conjunctivitis, nausea, vomiting, diarrhea and rash.

905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

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



If you develop symptoms, maintain distance from others in the household environment to the extent possible (e.g. stay in separate room or maintain distance of 2 metres) and contact your health care provider and Durham Region Health Department.

## How can I protect myself?

- Stay in a separate room and be separated from the person with COVID-19 as much as possible.
- Wear a mask when in the same room as the case indoors, when physical distancing is not possible or when less than 2 metres distance apart while outdoors.
- Seniors, people with chronic conditions (e.g., diabetes, heart, lung or kidney problems) and children should avoid all contact with the person with COVID-19.
- If you are providing care for a person with COVID-19, wear a mask and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, urine etc.).
- Take gloves and mask off right after you provide care and dispose of them in the wastebasket. Remove gloves first, then clean your hands with alcohol-based hand sanitizer if available, if not, use soap and water. Then remove mask with clean hands and clean your hands again.
- When emptying wastebaskets, take care not to touch used tissues, or any used protective items such as gloves/masks. Clean your hands after emptying the wastebasket.
- Do not share dishes, drinking glasses, cups, eating utensils, cigarettes, towels, bedding or other items with the person. Dishes and eating utensils should be cleaned with dish soap and water after each use. No special soap is required.
- 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.
- Wash laundry thoroughly. Wear gloves when handling soiled laundry and clean hands immediately after removing your gloves.

## Can I attend medical appointments?

- All non-urgent appointments (e.g., dentist appointments) should be delayed until you are off self-isolation.
- If you must leave your house to see a health care provider, wear a mask over your nose and mouth.
- When calling health care providers or paramedics tell them about your recent travel history or that you are a contact of someone who has been diagnosed with COVID-19.

**If you cannot follow these instructions or you develop symptoms talk to your health care provider and Durham Region Health Department.**

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