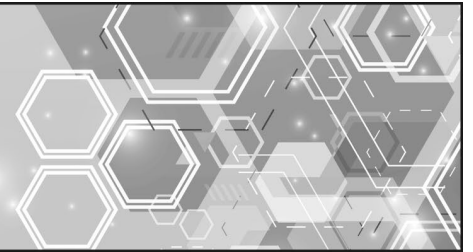




Durham Region Health Department **Facts about...**



Novel Coronavirus (COVID-19) Self-Isolation

This information is important to read and understand if you have been advised to self-isolate.

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.
- If you have tested positive for COVID-19 or have been identified as a close contact of someone who has tested positive you will remain on self-isolation until Durham Region Health Department informs you isolation is no longer required.

COVID-19 Class Order

- On April 7, 2020, the Medical Officer of Health for Durham Region issued a class order to address the risks presented by the potential spread of COVID-19 to residents of Durham Region.
- This order requires that anyone diagnosed with COVID-19, or who is awaiting test results for COVID-19, or who is a close-contact of a person with COVID-19, must self-isolate.
- Individuals who are required to self-isolate and who do not do so can be charged and fined.

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 you are self-isolating and the reason why (e.g. you have tested positive for COVID-19, you are a close contact of someone who has tested positive)

over...

905-668-2020 or 1-800-841-2729 | durham.ca/health

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



How can I protect others in my home?

- Other people in the home should stay in a separate room and be separated from the person with COVID-19 as much as possible.
- 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.
- 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, keep a distance of at least two metres from others and wear a mask that covers your nose and mouth.
- If possible, use a separate bathroom.
- Make sure that shared rooms have good airflow (e.g., kitchen and bathrooms). Keep the windows open in these rooms when possible.
- Cough and sneeze into a tissue or your elbow if no tissue available. Put used tissues in a wastebasket lined with a plastic bag and immediately use alcohol-based hand sanitizer if available, if not, wash your hands with soap and water. When emptying the wastebasket try not to touch the used tissues.
- 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, cigarettes, eating utensils, drinks, towels, washcloths or bed linens.

Contact your healthcare provider and Durham Region Health Department if:

- **You or anybody in your household is unable to follow these instructions.**
- **You are a contact and you develop symptoms of COVID-19.**
- **You have tested positive for COVID-19 and your symptoms are getting worse.**

June 9, 2020

