



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



Novel Coronavirus (COVID-19)

Preventing Spread in 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. Durham Region Health Department will contact you to monitor for 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 (e.g., malls, restaurants).
- 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 Durham Region Health Department informs you isolation is no longer required.**

What do I look for?

Signs and symptoms of COVID-19 may include fever, cough, shortness of breath, and breathing difficulties. You should take your temperature daily.

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.

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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 myself?

- 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.
- 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.

March 24, 2020

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