



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



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

## **Self-Isolation for Contacts and Return Travellers**

This information is important to read and understand if you have been advised to self-isolate due to your travel history or your contact with a person who has been diagnosed with novel coronavirus (COVID-19). You will remain on self-isolation for 14 days from your 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 also 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](https://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?

Standard practices to prevent exposure and transmission of a range of illnesses should be followed. These practices include:

- Frequent and thorough handwashing with soap and water or use of hand sanitizer when hands are not visibly dirty.
- Coughing or sneezing into your sleeve or elbow and encouraging others to do the same.
- Washing your hands after handling nose and throat secretions (e.g., after throwing out used facial tissues).
- Avoid touching your face and clean hands before touching eyes, nose or mouth.
- Cleaning and disinfecting surfaces, especially those that are high touch areas.
- Do not share water bottles, straws, eating utensils, cigarettes, toothbrushes, toys or anything else that has been in contact with saliva, nose or throat secretions.

# Can I attend medical appointments?

- All non-urgent appointments (e.g., dentist appointments) should be delayed until you are off self-isolation.
- 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 must leave your house to see a health care provider, wear a mask over your nose and mouth.

**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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