



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



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

## **Self-Isolation if you are Awaiting Test Results or if you Have COVID-19**

This information is important to read and understand if your health care provider is testing you for novel coronavirus (COVID-19), or you have COVID-19 and you do not need to stay in hospital. A person with COVID-19, or awaiting test results for COVID-19, will be placed on self-isolation to prevent spreading the virus. Durham Region Health Department will contact you each day 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 your symptoms are resolved and your health care provider or Durham Region Health Department informs you isolation is no longer required.

### **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.

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



- Always wear a mask over your mouth and nose when you are around people in your home.
- Stay in a separate room away from other people in your home as much as possible. If that is not possible, always maintain two metres from others.
- 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.

## 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 or other people in your house cannot follow these instructions or your symptoms are getting worse talk to your health care provider and Durham Region Health Department.**

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