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.
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.