



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



Self-Isolation

What is self-isolation?

- Self-isolation is used to prevent infections from spreading to others.
- Self-isolation means staying home, DO NOT go to work, school, use public transportation, or go to other public areas.
- You will need to make arrangements to remain isolated. This may include talking to your employer, finding support for children/dependents, or ensuring you have the supplies you need at home, such as groceries.
- Wear a mask in common areas when leaving the property if self-isolating in an apartment building, condo, or hotel.
- When seeking medical assessment, call before visiting a clinic or hospital so they can prepare for your arrival and prevent virus spread.

Can I attend medical appointments?

- All non-urgent appointments should be delayed until you have completed your self-isolation period.
- Wear a mask when seeking medical assessment.
- If you need to leave home (e.g., for emergency medical care) consider travelling by private vehicle, if you have this option.
- If travelling by public transit or a private hired vehicle (e.g., taxi) wear a mask over your nose and mouth for the duration of the trip, keep the passenger window down (if weather permits) and perform hand hygiene before and after your travel.
- Wear a mask over your nose and mouth in all indoor spaces and outdoors if you cannot keep a good physical distance from others.
- If you require emergency medical attention, wear a mask, and notify them that you have an infectious disease, or are a contact of an infectious disease.

... 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 myself and others in my home?

- Stay in a separate room away from other people in your home as much as possible.
- Stay away from infants, pregnant women, and people with weakened immune systems.
- Avoid eating meals or sharing a bed with others.
- If you must be in a room with other people, stay at least 2 metres apart and wear a mask that covers your nose and mouth.
- Advise those around you to wear a mask as well.
- If possible, use a separate bathroom. For shared bathrooms, use different towels and clean and disinfect surfaces after each use.
- Make sure that shared rooms have good airflow (e.g., kitchen and bathroom). Keep the windows open in these rooms when possible.
- Cover your coughs and sneezes.
- 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, eating utensils or drinks.
- 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.
- If you are providing care for a person who has an infectious disease, wear a mask, gloves, and goggles when you have contact with the person's saliva or other body fluids (e.g., blood, urine, etc.).

March 6, 2024

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.

