

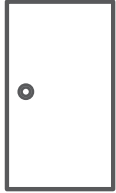
COVID-19

How to Self-Isolate



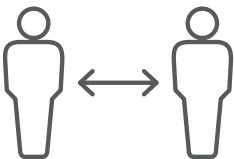
Stay home

- Do not use public transportation, taxis, or rideshares.
- Do not go to work, school, or other public places.
- Reschedule non-essential medical appointments.
- Rely on friends and family to pick up groceries, prescriptions, and other supplies, or use delivery services for these items. Be sure to instruct delivery drivers to leave items on your doorstep for you to collect.
- Maintain self-isolation until 14 days after your return from travel.
- Only go outside on your own property. When this is not possible, open windows to get fresh air.



Don't have visitors or visit others

- Do not have visitors or visit others during the 14-day self-isolation period.
- Do not leave your home to visit friends and family in the community. This includes other individuals who are also in self-isolation.



Avoid Contact with others

- Minimize the amount of time any vulnerable family members or children are in shared spaces with you, such as kitchens or living rooms.
- Keep shared spaces well ventilated.
- Clean and disinfect shared areas every time you use them.
- Ensure children wash their hands frequently.



Watch for symptoms

- If you develop mild or moderate symptoms after travelling, visit the community COVID-19 Assessment Centre.
- Individuals having difficulty breathing or experiencing other severe symptoms, call 911 immediately and inform them of recent travel history.
- Self-isolate for 14 days from when your symptoms began.



Cover your cough and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket and wash your hands. Lining wastebaskets with a plastic bag makes waste disposal easier and safer.
- Wash your hands after emptying wastebaskets.



Wash your hands

- Wash your hands often with soap and water for 20 seconds.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer, if soap and water are not available.



Wear a mask over your nose and mouth

- If you have to be in a room with other people, keep a distance of at least 2 metres (6 feet) and wear a mask, if one is available, that covers your nose and mouth.
- If you cannot wear a mask, people in the same room as you should wear a mask if they are available.

Contact



Call your health care provider or Telehealth Ontario at 1-866-797-0000.



Visit kflaph.ca/Coronavirus or Ontario.ca/Coronavirus for more information.