

How to self-isolate

ISOLATE FOR 14 DAYS

- Before you stop self-isolation, make sure you have not had any symptoms for 24hrs OR the public health unit OR your health care provider have told you it is safe to stop self-isolation
- If you have symptoms at the end of the 14 days, continue to self-isolate and contact your public health unit or health care provider for direction.

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your local public health unit.

Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.



Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).



Avoid contact with others

- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).



Keep distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.

