

Prevent the virus from spreading

Instructions for people who have been asked to self-isolate

This fact sheet provides basic information about preventing the spread of a novel coronavirus, COVID-19. It does not take the place of medical advice, diagnosis, or treatment.

This information is important if:

- ❖ You have been asked to self-isolate OR you live with someone who is self-isolating

Follow the advice of your health care provider and/or Public Health Sudbury & Districts. If you have questions, or you start to feel worse, contact Public Health, and your health care provider or Telehealth Ontario.

Stay at home

- ❖ Do not use public transportation or taxis.
- ❖ Do not go to work, school, or other public places.
- ❖ Your health care provider and/or Public Health Sudbury & Districts will tell you when it is safe to leave.

Call Public Health if you must attend the hospital or a medical appointment. We will discuss transportation options for you, and we will call the hospital or clinic to make sure they are prepared when you arrive.

If you need to call an ambulance, tell them that you are self-isolating due to COVID-19 (coronavirus) so they can take special precautions.

Wear a mask

- ❖ If you must leave your house to see a health care provider or if you are within two metres of other people, wear a mask over your nose and mouth.

Wash your hands

- ❖ Wash your hands frequently. Other people in your home should do the same.
- ❖ Wash your hands for 15 seconds (count out loud as a reminder). Alcohol-based hand sanitizer is preferred. If alcohol-based hand sanitizer is not available, plain soap and water is acceptable. If hands are visibly soiled, clean them with plain soap and water.
- ❖ Dry your hands with paper towel. If that isn't an option, use a dedicated cloth towel that is kept separate from everyone else's towels.

Cover your coughs and sneezes

- ❖ Cover your mouth and nose with a tissue when you cough or sneeze.
- ❖ If a tissue is not immediately available, cough or sneeze into your upper sleeve or elbow, not your hand.
- ❖ Throw used tissues in a lined, covered wastebasket and wash your hands.
- ❖ When emptying the wastebasket, try not to touch used tissues.

Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.

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.

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.

Follow these instructions until you have been told by your health care provider and/or Public Health Sudbury & Districts that you can return to regular activities.

Learn more about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

It is important to follow these steps so that the virus is not spread to others.

For more information, please contact:

Public Health Sudbury & Districts, Control of Infectious Diseases Program at 705.522.9200, ext. 301 (toll-free: 1.866.522.9200; after-hours: 705.688.4366) or Telehealth Ontario (24/7) at 1.866.797.0000.

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