

Self-Isolation Information Sheet

The Government of Canada is recommending that anyone who has traveled to the Hubei province of China self-isolate for 14 days after leaving the affected area.

Self-isolation is also recommended if you have had close contact with someone who is ill.

It is also recommended that anyone who traveled to China in the last 14 days monitor themselves for symptoms like fever or cough for 14 days after leaving. If symptoms develop, self-isolate and call Healthline 811.

What is self-isolation?

Self-isolation simply means avoiding situations where there is a potential to spread infection to others, such as: work, school, sporting events, social, cultural and religious gatherings and public places such as restaurants and malls. You should also avoid public transportation where possible.

If you have a pressing necessity and need to leave home, please wear a surgical mask while you are out.

Checklist for Home Isolation

- If sharing accommodations, such as family settings and university residence, try to make sure the ill person has their own room.
- If possible, open windows to help ventilate shared rooms.
- You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items.
- Make sure you have sufficient cleaning materials.
- Ask a friend or family member for support getting groceries, prescriptions and other personal needs.
- Do not have visitors in your home.
- Avoid contact with pets due to the possibility that animals could be affected.
- Monitor your symptoms or the symptoms of the person you are caring for and call Healthline 811 for direction.

What else can I do?

- Wash your hands with soap and water.
- Cover your coughs and sneezes.
- Avoid touching eyes, nose and mouth.
- Clean & disinfect surfaces, such as: counters, doorknobs and light switches.

How to take an oral temperature

1. Make sure you have not had anything to eat or drink 10-15 minutes prior.
2. Remove the digital thermometer from its case.
3. Press the button to turn it on.
4. Place the thermometer's tip under your tongue and gently close your mouth.
5. Let the thermometer sit in your mouth until it beeps and the temperature appears on the digital screen.
6. Gently remove the thermometer from your mouth.
7. Read your temperature on the digital screen.
8. Record the temperature and the date it was taken on the chart below.
9. Wash the tip of the thermometer with warm water and soap; store in cool, dry place and put the thermometer back in its case.

Record Temperature & Symptoms Here

Date	am Temp	Morning Symptoms	pm Temp	Evening Symptoms