

Self-Isolation Information Sheet

If you have travelled to Hubei in the last 14 days, self-isolate at home for 14 days after leaving the area and actively monitor for symptoms of COVID-19 including cough, fever and difficulty breathing. Do not go to school, university, work, daycare, sporting or social events or religious gatherings.

If you have traveled from another affected area in the last 14 days but do not have any symptoms, you should monitor your health for 14 days after leaving the area including taking your temperature twice daily. If you develop symptoms, call HealthLine 811 for assessment and direction. If you do not have cough, fever or difficulty breathing, you can go to work or school.

If you have been in close contact with someone who is ill with COVID-19, you should self-isolate for 14 days from your last contact and actively monitor for symptoms. If you do not have a travel history to/ from an affected area and do not have symptoms of a cough or fever, you can go to work or to school.

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 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.
- 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.

