

March 24, 2020

## How to self-isolate (for returning travellers with NO SYMPTOMS)

You have recently travelled outside of Canada and are required to self-isolate for **14 days** after returning.



**Follow these instructions to reduce the risk of spreading illness to others:**

### Travelling home from the airport via taxi/ride share

- If you are unable to travel home by private vehicle and have to use taxi/ride share, sit in the back seat and keep the windows open.

### Purchasing supplies for your household

- Shop online or have a friend or family member pick up supplies for you. Have them leave the supplies outside your door. Do not shop or run errands for 14 days.

### Stay home

- Do not go to work, school, or public places.
- Do not use public transportation, taxis or ride-shares.
- Rebook any elective procedures, appointments or blood donations until after the 14 period has ended.

### Do not invite visitors into your home

- Ensure that any essential service visitors are aware of your travel history, keep at least two meters (6.5 feet) away and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, weakened immune system).

### 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 (6.5 feet) from others as much as possible and wear a mask that covers your nose and mouth.
- If you are unable to wear a mask, other people should wear a mask when they are in the same room as you.

### **Cover your coughs 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 the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket wash your hands.

### **Wash your hands**

- Wash your hands often with soap and water for at least 20 seconds. Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use alcohol-based hand sanitizer if your hands are not visibly dirty.
- Avoid touching your eyes, nose, and mouth with unclean hands.

### **Clean your home**

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.

### **Avoid sharing household items**

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with others.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwasher and washing machines can be used.
- Do not share cigarettes.

### **Wash laundry thoroughly**

- There is no need to separate the laundry.
- Wash your hands with soap and water or alcohol-based hand rub immediately after doing laundry.

### **Be careful when touching waste**

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes disposal easier and safer.
- Wash your hands with soap and water or alcohol-based hand rub after emptying the wastebasket.

### **Monitor your symptoms (visit [www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca) for fact sheet on self-monitoring or to take the [COVID-19 self-assessment test](#))**

- If you develop mild symptoms, contact Peterborough Public Health at 705-743-1000 or Telehealth at 1-866-797-0000 after hours.
- **Know your risk** – if you are over 70 years old or have a chronic underlying condition that puts you at greater risk for severe COVID-19, or have more significant symptoms, call your doctor or nurse practitioner and advise them that you have a travel history.
- If you need urgent medical attention, contact 911. Advise the dispatcher that you have a travel history.

**Travel to/from the hospital or doctor/nurse practitioner's office:**

- Do not use public transportation.
- Drive yourself if possible.
- If driving yourself is not possible, arrange a ride with a friend or family member. Ensure the windows of the car are open, sit in the back seat, and wear a mask (if available/you are able to).
- If you are unable to arrange a ride, take a taxi or car service. Ensure the windows of the car are open, sit in the back seat and wear a mask (if available/you are able to). Record the taxi or car service company name and license plate of the car.
- If you need urgent medical attention, contact 911.

**More information**

- If you have further questions please contact Peterborough Public Health at 705-743-1000
- Ontario Ministry of Health – [www.ontario.ca/coronavirus](http://www.ontario.ca/coronavirus)
- Public Health Agency of Canada. Coronavirus disease (COVID-19) <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
- Public Health Ontario self-isolation instructions: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>