



COVID-19 Self-Isolation

Coronavirus

Self-isolation means that you must stay at home and not be in contact with friends, family members or out in the community. An order has been placed by the Haldimand-Norfolk Medical Officer of Health to self-isolate at your home for a minimum of 14 days.

How to self-isolate?

Stay at home

- Don't leave your property.
- You may exercise and walk your dog within your property.
- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.
- Do not share household items.

Avoid contact with others

- Stay away from anybody over the age of 60 or people with medical conditions.
- Stay in a separate room in your home.
- Use a separate bathroom.
- Make sure that shared rooms have good airflow.
- Try to keep a distance of at least two meters from household members.
- Wear a mask to cover your mouth and nose.

Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel.
- Do not share towels with members in your home.
- An alcohol-based hand sanitizer (minimum 60% alcohol) can also be used.

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.
- Use a lined wastebasket to throw tissues and wash your hands.
- Wash your hands after emptying the wastebasket.
- Avoid touching your face.

What should I do if I develop symptoms?

- If you develop symptoms of a respiratory illness (fever, cough, or difficulty breathing), call Haldimand-Norfolk Health Unit COVID Hotline 519-426-6170 ext. 9999.
- If you are a member of the public you must complete your self-isolation period and be symptom-free for at least 24 hours before the self-isolation period is considered complete.
- If you received a COVID-19 test, and are a Health Care Worker or Hospitalized you must achieve two negative test results taken 24 hours apart and be symptom-free for 24 hours before the self-isolation period is considered complete.
- A public health nurse will call you during the self-isolation period.
- Isolate yourself within the home as quickly as possible (and avoid close contact with others, including those in your home); AND
- Do not go to the hospital or your doctor's office without calling ahead.
- For urgent situations requiring immediate medical care, call 911.
- If you require medical advice, please call Telehealth at 1-866-797-0000.

Adapted from the Ministry of Health & Long-Term Care, 2019 Novel Coronavirus (COVID-19), from https://www.ontario.ca/page/2019-novel-coronavirus?_ga=2.77513429.118419850.1585667852-79913229.1585667852.

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