



Durham Region Health Department **Facts about...**



Novel Coronavirus (COVID-19)

Home Isolation for Contacts and Return Travellers

This information is important to read and understand if you have been advised to home isolate due to your travel history or your contact with a person who has been diagnosed with novel coronavirus (COVID-19). You will remain on home isolation for 14 days from your last potential exposure to COVID-19. Durham Region Health Department will contact you each day to monitor for signs and symptoms until you are no longer on home isolation.

What is home isolation?

- Home isolation is a strategy used to prevent COVID-19 from spreading to others.
- While on home isolation you must stay home, and limit time spent with others.
- While on home isolation you should not go to work, school, use public transportation, or go to other public areas (e.g., malls, restaurants).
- You will need to make arrangements to remain isolated, including discussions with your employer, alternate plans to support children/dependents, and taking steps to ensure an adequate supply of groceries and other necessities.
- **You will remain on home isolation until Durham Region Health Department informs you isolation is no longer required.**

What do I look for?

Signs and symptoms of COVID-19 may include fever, cough, shortness of breath and breathing difficulties. You should also take your temperature daily.

If you develop symptoms, maintain distance from others in the household environment to the extent possible (e.g. stay in separate room or maintain distance of 2 metres) and contact your health care provider and Durham Region Health Department.

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905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.



How can I protect others in my home?

Standard practices to prevent exposure and transmission of a range of illnesses should be followed. These practices include:

- Frequent and thorough handwashing with soap and water or use of hand sanitizer when hands are not visibly dirty.
- Coughing or sneezing into your sleeve or elbow and encouraging others to do the same.
- Washing your hands after handling nose and throat secretions (e.g., after throwing out used facial tissues).
- Avoid touching your face and clean hands before touching eyes, nose or mouth.
- Cleaning and disinfecting surfaces, especially those that are high touch areas.
- Do not share water bottles, straws, eating utensils, cigarettes, toothbrushes, toys or anything else that has been in contact with saliva, nose or throat secretions.

Can I attend medical appointments?

- All non-urgent appointments (e.g., dentist appointments) should be delayed until you are off home isolation.
- When calling health care providers or paramedics tell them about your recent travel history or that you are a contact of someone who has been diagnosed with COVID-19.
- If you must leave your house to see a health care provider, wear a mask over your nose and mouth.

If you cannot follow these instructions or you develop symptoms talk to your health care provider and Durham Region Health Department.

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