

## How to care for someone in your household who is self-isolating

Coping with COVID-19 is stressful.

**Together we are resilient and can reduce spread in households.**

If you are caring for someone who has COVID-19, symptoms of COVID-19 or has been exposed to COVID-19, you may be at risk of getting infected. To reduce the spread at home, choose only one caregiver, where possible.

Contact Peel Public Health at 905-799-7700 about how to monitor your own health and what to do if you feel sick. Be sure to tell health care providers that you may be a close contact of someone with COVID-19.

### Wash your hands often

- Wash your hands with soap and water before and after each contact with the person you are caring for.
- Use an alcohol-based hand sanitizer if soap and water are not available. A wet wipe may be used first.
- Dry your hands with disposable paper towels. A reusable towel that is not shared with anyone else may also be used. Replace the towel when it becomes wet.



### Wear a mask, gloves and eye protection

- Wear a well-fitted mask, gloves and eye protection (goggles or face shield) if you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).



### Dispose of gloves and mask after each use

- Take the gloves, mask and eye protection off right after you provide care and dispose of them in a wastebasket lined with a plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your eye protection and then your mask.
- Clean your hands again with soap and water before touching your face or doing anything else.
- If your eye protection is not intended for single use, clean it with soap and water and then disinfect it with an approved hard-surface disinfectant that has a Drug Identification Number (DIN).



## Limit the number of visitors in your home

- Do not have visitors unless essential (e.g., care providers).
- Keep a distance of at least two metres and wear a well-fitted mask if you must have visitors.
- Keep seniors and people at higher risk for illness (e.g. weakened immune systems, medical conditions such as heart disease, diabetes and cancer) away from the person who is self-isolating and their caregiver.



## Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is self-isolating, if possible.
- Wash items with soap or detergent in warm water. No special soap is needed. Dishwashers and washing machines can be used.
- Do not share cigarettes.
- Avoid using the same bathroom, if possible. Otherwise, put the toilet lid down before flushing.



## Clean

- Clean your home with household cleaners with a Drug Identification Number (DIN).
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.



## Wash laundry thoroughly

- Wear gloves and a well-fitted mask when handling laundry. There is no need to wash laundry separately.
- Clean your hands with soap and water immediately after removing your gloves.
- Wash laundry with regular laundry soap and hot water (60-90°C), and dry well.



## Be careful when touching waste

- All waste can go into regular garbage bins.
- Take care not to touch used tissues with your hands when emptying wastebaskets. Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands with soap and water after emptying the wastebasket.



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