

Self-isolation:

Guide for caregivers, household members and close contacts

If you are caring for or living with someone who has the virus, you are considered a 'close contact'.

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

Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear a mask, gloves and eye protection

- Wear a 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.
- 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).
- 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.



Limit the number of visitors in your home

- Do not have visitors unless essential (e.g., care providers).
- If you must have visitors, keep a distance of at least two metres from others at all times.
- 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 infected person.



Avoid sharing household items

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



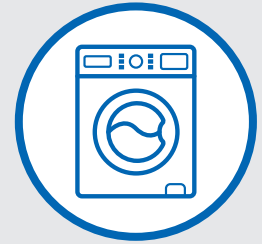
Clean

- 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.



Wash laundry thoroughly

- There is no need to separate the laundry, but you should wear gloves when handling.
- Clean your hands with soap and water immediately after removing your gloves.



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 waste disposal easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.



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