

What is the new coronavirus virus?

Coronaviruses are a large family of viruses, causing from the common cold to more severe diseases. The coronavirus (COVID-19) is a new coronavirus identified in China in late December 2019. It has since spread to other countries in the world.

What are the symptoms?

Symptoms of novel coronavirus are similar to influenza and include: fever, cough and/or difficulty breathing. In severe cases, the infection can lead to hospitalization or death.

Am I at risk of getting it?

- At this time, the Public Health Agency of Canada (PHAC) states the risk of coronavirus to Canadians is low
- You are at risk of getting sick with the novel coronavirus if you have:
 - recently travelled to a country affected by COVID-19 (mainland China, Hong Kong, Iran, Italy, Japan, Singapore, South Korea) * please see PHAC travel advisory website below for updated countries
 - been in close contact with someone tested and has the virus
 - been in close contact with a suspected case of the virus
 - been in close contact with someone who has recently travelled to the affected area and has symptoms of respiratory illness listed above
 - If you are at risk of getting the virus and you have symptoms of fever, cough, or shortness of breath, call your health care provider or nursing station right away
- Your risk of becoming very sick may be higher if you have a weakened immune system – this includes older adults and people with chronic diseases such as diabetes, heart problems or cancer

How can I protect myself?

- You can protect yourself the same way as would from the flu, such as:
 - ✓ washing your hands frequently with soap and water for at least 20 seconds
 - ✓ avoid touching your eyes, nose, or mouth with unwashed hands
 - ✓ covering your mouth and nose with a tissue or arm when coughing and sneezing
 - ✓ avoid people who are sick
 - ✓ stay home if you are sick and limit visitors

Is there treatment for the coronavirus?

- There are no specific treatments or vaccines for coronaviruses
- Most people will recover on their own and are advised to drink lots of water or fluids, get rest and sleep, and try a humidifier or a hot shower to help with a sore throat or cough
- People who are very sick with symptoms (such as difficulty breathing) or are at risk of complications, should go to the emergency department or nursing station to be assessed
 - Call the clinic before going in to tell them about your symptoms and risks

Before travelling for March Break, Canadians should read all Government of Canada [travel advice and advisories](#) for their destination, including any travel health notices for COVID-19 that have been issued for some countries

Public Health Agency of Canada Travel website: www.travel.gc.ca

- All Canadians planning to travel abroad for March Break should register with the Registration of Canadians Abroad free service to receive important updates. Registration can be done online or in person at a Government of Canada office abroad.
- Canadian health insurance may not cover medical fees while travellers are outside of Canada, and foreign hospitals can be very expensive. Canadians should consider purchasing [travel insurance](#) if they are travelling abroad and ensure that it covers them for COVID-19.
- Those who take prescription medicines should pack enough for their entire trip, plus extra in case they become ill and are not able to easily refill a prescription while abroad.
- While travelling, Canadians should take routine [precautions](#) to prevent illness including washing hands frequently with soap and water for at least 20 seconds, using alcohol-based hand sanitizer if soap and water are not available, coughing and sneezing into a tissue or the bend of their arm, and avoiding close contact with people who may be sick.
- Canadian travellers should monitor their health while abroad, and if they become sick with symptoms such as coughing or sneezing, they should avoid contact with others and contact a local public health clinic.
- Canadians who travel to countries affected by COVID-19 should follow the instructions of local public health authorities and monitor credible sources such as government public health websites.
- When travelling home from March Break, Canadians should tell a flight attendant if they start to feel ill during their flight back to Canada, and tell a border services officer when they arrive. The latest advice for returning travellers is available here: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>
- After returning to Canada, all travellers are advised to monitor themselves for [symptoms](#) of COVID-19 (fever, cough, difficulty breathing) and to self-isolate and contact the local public health authority if they feel sick.
- For the latest and most up-to-date information on COVID-19, visit www.canada.ca/coronavirus or call the COVID-19 toll-free phone line at **1-833-784-4397**, or your health centre.

CORONAVIRUS DISEASE (COVID-19)

While abroad, you may have come in contact with the **novel coronavirus**.

The Public Health Agency of Canada asks that you **contact the public health authority in the province or territory where you live or are staying within 24 hours of arriving in Canada** (see back of sheet).

If, **before you reach your destination**, you have **fever, cough or difficulty breathing**, clean your hands and put on the mask provided to you. If you are in the air, immediately tell a crew member about your symptoms. If you are on the ground, immediately call the public health authority in the province or territory where you are located.

You are also asked to limit your contact with others for 14 days starting the day you began your journey to Canada.

To limit contact with others:

- ▶ stay home (self-isolate);
- ▶ avoid individuals with chronic conditions, compromised immune systems and older adults;
- ▶ avoid having visitors to your home;
- ▶ wash your hands often with soap and warm water for 20 seconds, or use an alcohol-based hand sanitizer if soap and water are not available; and
- ▶ cover your mouth and nose with your arm when coughing or sneezing.

For 14 days, starting the day you began your journey to Canada, you should continue to watch for **fever, cough, or difficulty breathing**.

If you have these symptoms, call the public health authority in the province or territory where you are located (see back of sheet).

They will provide advice on what you should do.

Government of Canada novel coronavirus information line: **1-833-784-4397**

canada.ca/coronavirus

MALADIE À CORONAVIRUS (COVID-19)

Durant votre voyage, vous pourriez avoir été en contact avec le **nouveau coronavirus**.

L'Agence de la santé publique du Canada vous demande de **communiquer avec l'autorité de santé publique de la province ou du territoire où vous habitez ou restez au cours des 24 heures** qui suivent votre arrivée au Canada (voir le verso de la feuille).

Si, **avant d'atteindre votre destination finale**, vous développez **une fièvre, une toux ou si vous avez de la difficulté à respirer**, lavez-vous les mains et portez le masque qui vous a été fourni. Si vous êtes en plein vol, informez immédiatement un membre de l'équipage de vos symptômes. Si vous êtes au sol, appelez immédiatement l'autorité de santé publique de la province ou le territoire où vous vous trouvez.

On vous demande également de limiter vos interactions avec d'autres personnes pendant 14 jours, à compter du jour où vous avez commencé votre voyage au Canada.

Pour limiter le contact avec d'autres personnes :

- ▶ restez à la maison (isolez-vous);
- ▶ évitez les personnes atteintes de maladies chroniques, les personnes dont le système immunitaire est affaibli et les personnes âgées;
- ▶ évitez de recevoir des visiteurs à votre domicile;
- ▶ lavez-vous souvent les mains au savon et à l'eau tiède pendant 20 secondes, ou utilisez un désinfectant pour les mains à base d'alcool lorsqu'il n'y a pas d'eau et de savon sur place;
- ▶ couvrez-vous la bouche et le nez avec votre bras lorsque vous toussiez ou éternuez.

Pendant 14 jours, à compter du jour où vous avez commencé votre voyage au Canada, vous devez porter attention à **la fièvre, la toux ou si vous avez de la difficulté à respirer**. Si vous développez ces symptômes, appelez l'autorité de santé publique de la province ou du territoire où vous vous trouvez (voir le verso de la feuille). Ils vous conseilleront sur ce que vous devez faire.

Ligne d'information du Gouvernement du Canada sur le nouveau coronavirus : **1-833-784-4397**

canada.ca/le-coronavirus



Personal preparedness (COVID-19)

Everyone has a role to play in minimizing the impacts of [COVID-19](#). There are practical steps that you and your family can take to prepare if COVID-19 starts to circulate in the community. It's important to assess your own personal situation and plan accordingly.

Make a plan

Create a plan based on your needs and daily routines, including having other options for child, elder, and pet care. If someone gets sick, have a care plan.

- Talk to people who might be able to help if someone gets sick.
- Make plans for your children or other dependents in case you get sick, for example, arrange back-up care for children.
- Identify agencies that may be able to offer help, whether for food, mental health support, or other supplies.
- Create an emergency contact list, for example, information for doctors, friends, family, community services.
- Make copies of crucial personal documents.

Communicate with family, friends, and neighbours

- Get to know and check in on your neighbours.
- Stay connected by phone or social media.
- Some people are at greater risk of health complications from respiratory illnesses like [COVID-19](#) and [influenza](#), for example, older adults and people with certain health conditions. Check-in on them and follow advice from health care providers.
- Share your plans, as this might motivate others to make their own.
- Talk about a buddy system in which you agree to check in on each other and run essential errands if you become sick.

Prepare to stay home if you are sick

Fill your cupboards now so you do not need to go shopping if you become sick. **You don't need to buy it all at once.** Build your supplies gradually by buying extra items when you're shopping.

Have a two week (14 days) supply of the following:

- Water: one gallon per person, per day
- Non-perishable, easily prepared foods for example:
 - dried pasta and sauce
 - prepared canned soups
 - canned vegetables and beans
- Cleaning supplies:
 - paper towels
 - household cleaning products
 - regular detergents for washing dishes and doing laundry
 - plastic garbage bags for containing soiled tissues and other waste
 - household bleach for creating a solution of 1 part bleach to 9 parts water to disinfect surfaces (in the event you or a family member becomes ill)
- Hygiene supplies
 - Soap
 - facial tissue
 - alcohol-based hand sanitizer
 - toilet paper
 - feminine hygiene products
 - diapers
- Pet food
- Up-to-date emergency kit. Learn [how to build an emergency kit](#).
- Chargers for cellphones to stay up-to-date on alerts and warnings

Fill your prescriptions

- Ensure you have enough prescriptions and over-the-counter medications.
- Get refills with enough notice so that you do not run out of medication. Consider having an extra month of prescription medications if you're able
- Over-the-counter medications can include fever-reducing medications, such as acetaminophen or ibuprofen.
- Don't forget products for children if you are a parent or caregiver.

Make work arrangements

- Think about what you will do if a member of your family becomes sick and needs care:
- Talk to your employer about working from home if you need to care for a family member at home.
- If you, yourself, become ill, stay home until you are no longer showing symptoms.
- Employers should not need a sick leave note as that will put added pressure on limited health care services.

Stay informed

- Stay informed by listening to news from your child's school, getting to know your workplace's emergency plans, and following credible sources of information.
 - [Public Health Agency of Canada](#)
 - [Ontario Ministry of Health](#)
 - [Weekly briefings](#) broadcast online every Monday and Thursday at 3 p.m.
 - [Public Health Ontario](#)
 - [World Health Organization](#)

Review travel plans

While abroad, you may come in contact with the novel coronavirus. Always follow the latest [travel advice and advisories](#). Learn about [active travel health notices](#) (Government

of Canada) related to the novel coronavirus. Learn more about [symptoms and how to protect yourself from COVID-19](#).

Prevent the spread of illness



Public Health
Santé publique
SUDBURY & DISTRICTS

Quick tips to stop germs in their tracks.

1 Wash your hands often

Handwashing is the best way to prevent the spread of illness. When soap and water are not available, use hand sanitizers with an alcohol content of at least 60%. Remember to scrub for at least 15 seconds! Handwashing is particularly important before you eat.



2 Cover your mouth and nose

Use a tissue, or cough or sneeze into your sleeve, if a tissue is not available. Throw used tissues into the garbage right away.



3 Get vaccinated

Make sure you and your family are up-to-date on your vaccinations. Remember to get the annual influenza vaccine.



4 Don't touch your face

Touching your face increases the chance of spreading germs to your nose and mouth and causing an infection.

5 Stay home when you're feeling sick

It is important to stay home when you are feeling ill. This includes avoiding work, school, daycare, or extra-curricular activities.

6 Clean and disinfect

Clean and disinfect frequently used areas and objects in your home, daycare, office, and classroom to help prevent the spread of germs (door handles, light switches, toys, etc.).



For more information visit phsd.ca

ABOUT CORONAVIRUS DISEASE (COVID-19)

WHAT IT IS

COVID-19 is an illness caused by a coronavirus.

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:

- ▶ stay home to avoid spreading it to others
 - if you live with others, stay in a separate room or keep a 2-metre distance
- ▶ call ahead before you visit a health care professional or call your local public health authority
 - tell them your symptoms and follow their instructions
- ▶ if you need immediate medical attention, call 911 and tell them your symptoms.

SYMPTOMS

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.



FEVER



COUGH



DIFFICULTY BREATHING

PREVENTION

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands
- ▶ avoid close contact with people who are sick
- ▶ when coughing or sneezing:
 - cover your mouth and nose with your arm or tissues to reduce the spread of germs
 - immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards
- ▶ clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.
- ▶ stay home if you are sick to avoid spreading illness to others

FOR MORE INFORMATION ON CORONAVIRUS:

☎ 1-833-784-4397

@ canada.ca/coronavirus

✉ phac.info.aspc@canada.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

COVID-19 — BE PREPARED

Canada's health system is ready to respond to cases that arise in Canada, but it is important that individuals and communities are ready if there is widespread illness here at home.

Plan Ahead

Take time to consider what you will do if you or a family member becomes sick and needs care. Think about:

- ▶ What food and household supplies you need for you and your family
- ▶ What medicines you need, including renewing and refilling prescriptions ahead of time

Discuss your plans with your family, friends and neighbours, and set up a system to check in on each other by phone, email or text during times of need.

Get Prepared

Have supplies on hand so you do not need to leave your home if you become ill. Add a few extra items to your grocery cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.

Stock up on:

- ▶ Dried pasta and rice
- ▶ Pasta sauces
- ▶ Canned soups, vegetables and beans
- ▶ Pet food and supplies
- ▶ Feminine hygiene products
- ▶ Thermometer
- ▶ Diapers
- ▶ Soap
- ▶ Alcohol-based hand sanitizer
- ▶ Fever-reducing medications (acetaminophen or ibuprofen for adults and children)
- ▶ Facial tissue
- ▶ Toilet paper
- ▶ Paper towels
- ▶ Plastic garbage bags
- ▶ Dish soap
- ▶ Laundry detergent
- ▶ Household bleach
- ▶ Household cleaning products

Stay Healthy and Limit Spread

- ▶ Wash your hands frequently with soap and warm water for at least 20 seconds.
- ▶ Sneeze or cough into your arm or sleeve.
- ▶ Consider a wave or elbow bump in place of a handshake, hug or kiss.
- ▶ Reduce your exposure to crowded places by shopping or using transit during non-peak hours.
- ▶ Encourage those you know are sick to stay home until they no longer have symptoms.
- ▶ If you become ill, stay home until you are no longer showing symptoms. Contact your health care professional or local public health authority and tell them your symptoms. They will give you advice about what to do next.

Stay Informed

For more information on coronavirus:

1-833-784-4397

canada.ca/coronavirus | phac.info.aspc@canada.ca



BE PREPARED (COVID-19)

PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

Make a plan that includes:

- ▶ **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
 - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
 - Renew and refill your prescription medications.
- ▶ **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
 - Have backup childcare in case you or your usual care provider become ill.
 - If you care for dependents, have a backup caregiver in place.
 - Talk to your employer about working from home if possible.
- ▶ **Reducing your exposure** to crowded places if COVID-19 becomes common in your community. For example:
 - Shop and use public transit during off-peak hours
 - Exercise outdoors instead of in an indoor fitness club

COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ▶ Set up a buddy system to check in on each other by phone, email or text during times of need.

STAY INFORMED



- ▶ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- ▶ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ▶ If the news media is making you feel anxious, take a break from it.



SHOPPING LIST

FOOD

- dried pasta and rice
- pasta sauces
- canned soups, vegetables and beans
- pet food

HYGIENE

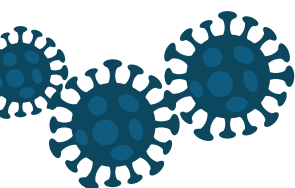
- toilet paper
- feminine hygiene products
- diapers
- facial tissue
- soap
- alcohol-based hand sanitizer

HEALTH CARE

- thermometer
- fever-reducing medications (acetaminophen or ibuprofen for adults and children)

CLEANING

- paper towels
- plastic garbage bags
- dish soap
- laundry detergent
- household bleach
- household cleaning products



FOR MORE INFORMATION ON CORONAVIRUS:

 1-833-784-4397

 canada.ca/coronavirus

 phac.info.aspc@canada.ca



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CORONAVIRUS DISEASE (COVID-19) VULNERABLE POPULATIONS AND COVID-19



While diseases can make anyone sick, some Canadians are more at risk of getting an infection and developing severe complications due to their health, social and economic circumstances.

Organizations, staff and volunteers play an important role in helping to prevent these populations from getting or spreading the COVID-19 virus. Start by sharing simple things they can do to help keep themselves and others healthy, guide them to help if they develop any signs and symptoms and learn ways help care for sick clients recovering from COVID-19.



Vulnerable populations may include:

Anyone who is:

- ▶ An older adult
- ▶ At risk due to underlying medical conditions (e.g. heart disease, hypertension, diabetes, chronic respiratory diseases, diabetes, cancer)
- ▶ At risk due to a compromised immune system from a medical condition or treatment (e.g. chemotherapy)

Anyone who has:

- ▶ Difficulty reading, speaking, understanding or communicating
- ▶ Difficulty accessing medical care or health advice
- ▶ Difficulty doing preventive activities, like frequent hand washing and covering coughs and sneezes
- ▶ Ongoing specialized medical care or needs specific medical supplies
- ▶ Ongoing supervision needs or support for maintaining independence
- ▶ Difficulty accessing transportation
- ▶ Economic barriers
- ▶ Unstable employment or inflexible working conditions
- ▶ Social or geographic isolation, like in remote and isolated communities
- ▶ Insecure, inadequate, or nonexistent housing conditions

How organizations can support vulnerable populations during COVID-19 outbreaks

Take the time to learn the facts:

- ▶ Know more about COVID-19 by visiting www.canada.ca/coronavirus
- ▶ Keep up-to-date about the current situation in your community
- ▶ Contact local, provincial, territorial public health officials to get relevant COVID-19 information, resources and guidance

Take time to get prepared:

- ▶ Review your business continuity plan so you and your staff know what to do
- ▶ Plan ahead for potential disruptions
- ▶ Identify and plan how to continue providing the most critical services
- ▶ Partner with organizations that provide similar services to share resources and strategies
- ▶ Be prepared to answer questions from staff, volunteers, and clients
- ▶ Consider stockpiling general supplies and **cleaning supplies**
- ▶ Prepare for shelters and communal space limitations



Educate staff about ways to prevent the spread of COVID-19:

- ▶ Washing hands often with soap and hot water or use of alcohol based sanitizer
- ▶ Increasing access to hand hygiene and cough etiquette supplies (e.g. alcohol-based hand rub, soap, paper towels, tissues, waste containers)
- ▶ Cleaning frequently used spaces, surfaces and objects (kitchens, common areas, dining areas, desks, shared sleeping spaces, doorknobs, and faucets)
- ▶ Staying home when sick
- ▶ Avoiding the use of shared personal items
- ▶ Sharing information about what to do if staff or a client shows symptoms of becoming sick

Sharing steps about **how to** care for and isolate people living in a crowded facility (including the use of separate washrooms, if available)

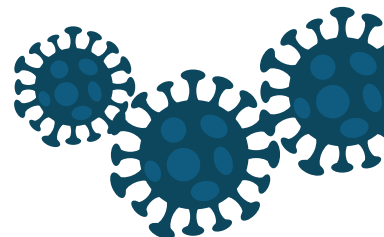


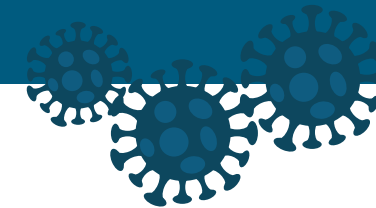
Suggestions for supporting vulnerable populations during COVID-19 outbreaks

- ▶ Provide clear instructions about how to wash hands and cover coughs using:
 - The most commonly used language in the community
 - Short messages that explain simple steps they can take
 - Large font and graphics
 - Accessible instructions (e.g. braille, pictorial); and
 - By posting signs in common areas: near sinks, entrances, intake areas, restrooms, sleeping areas, recreation areas, waiting rooms
- ▶ Consider supporting alternatives such as:
 - Using volunteer drivers and subsidized taxi fares instead of public transportation
 - Putting in place alternative outreach measures or a “buddy” system
 - Including policies to allow sick clients to rest in shelters during the day
 - Providing access to food, drinks and supplies, as possible
 - Reminding clients to fill or refill prescriptions, and necessary medical supplies
- ▶ If you suspect a client is sick from COVID-19, please contact your local **Public Health Authority**

**WE CAN ALL DO OUR
PART IN PREVENTING
THE SPREAD OF
COVID-19. FOR MORE
INFORMATION, VISIT**

Canada.ca/coronavirus
or contact
1-833-784-4397 |
phac.info.aspc@canada.ca





REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with warm water



2

Apply soap



3

For at least 20 seconds, make sure to wash:



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs

1-833-784-4397

@ canada.ca/coronavirus

✉ phac.info.aspc@canada.ca



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How to handrub

Rub hands for 15 seconds



1
Apply 1 to 2 pumps of product to palms of dry hands.



2
Rub hands together, palm to palm.



3
Rub in between and around fingers.



4
Rub back of each hand with palm of other hand.

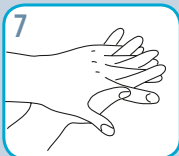
Rub hands for 15 seconds



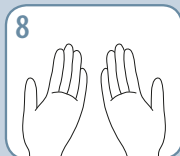
5
Rub fingertips of each hand in opposite palm.



6
Rub each thumb clasped in opposite hand.



7
Rub hands until product is dry. Do not use paper towels.



8
Once dry, your hands are safe.



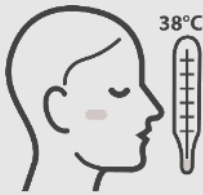
**JUST CLEAN
YOUR HANDS**

Coronavirus Disease 2019 (COVID-19)

How to self-monitor

Follow the advice that you have received from your health care provider.
If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

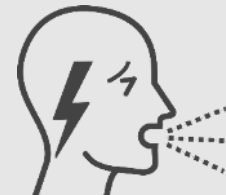
Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

What to do if you develop these or any other symptoms?

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
 - Instructions on how to self-isolate
 - Supply of procedure/surgical masks (enough for 14 days)
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.

Contact your public health unit:

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus

Prevent the virus from spreading

Instructions for people who have been asked to self-isolate

This fact sheet provides basic information about preventing the spread of a novel coronavirus, COVID-19. It does not take the place of medical advice, diagnosis, or treatment.

This information is important if:

- ❖ You have been asked to self-isolate OR you live with someone who is self-isolating

Follow the advice of your health care provider and/or Public Health Sudbury & Districts. If you have questions, or you start to feel worse, contact Public Health, and your health care provider or Telehealth Ontario.

Stay at home

- ❖ Do not use public transportation or taxis.
- ❖ Do not go to work, school, or other public places.
- ❖ Your health care provider and/or Public Health Sudbury & Districts will tell you when it is safe to leave.

Call Public Health if you must attend the hospital or a medical appointment. We will discuss transportation options for you, and we will call the hospital or clinic to make sure they are prepared when you arrive.

If you need to call an ambulance, tell them that you are self-isolating due to COVID-19 (coronavirus) so they can take special precautions.

Wear a mask

- ❖ If you must leave your house to see a health care provider or if you are within two metres of other people, wear a mask over your nose and mouth.

Wash your hands

- ❖ Wash your hands frequently. Other people in your home should do the same.
- ❖ Wash your hands for 15 seconds (count out loud as a reminder). Alcohol-based hand sanitizer is preferred. If alcohol-based hand sanitizer is not available, plain soap and water is acceptable. If hands are visibly soiled, clean them with plain soap and water.
- ❖ Dry your hands with paper towel. If that isn't an option, use a dedicated cloth towel that is kept separate from everyone else's towels.

Cover your coughs and sneezes

- ❖ Cover your mouth and nose with a tissue when you cough or sneeze.
- ❖ If a tissue is not immediately available, cough or sneeze into your upper sleeve or elbow, not your hand.
- ❖ Throw used tissues in a lined, covered wastebasket and wash your hands.
- ❖ When emptying the wastebasket, try not to touch used tissues.

Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.

Keep distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.

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.

Follow these instructions until you have been told by your health care provider and/or Public Health Sudbury & Districts that you can return to regular activities.

Learn more about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

It is important to follow these steps so that the virus is not spread to others.

For more information, please contact:

Public Health Sudbury & Districts, Control of Infectious Diseases Program at 705.522.9200, ext. 301 (toll-free: 1.866.522.9200; after-hours: 705.688.4366) or Telehealth Ontario (24/7) at 1.866.797.0000.

February 2020

Coronavirus Disease 2019 (COVID-19)

How to self-isolate

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your local public health unit.

Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.



Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).



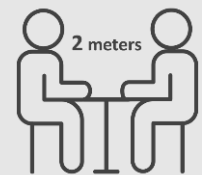
Avoid contact with others

- 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 and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



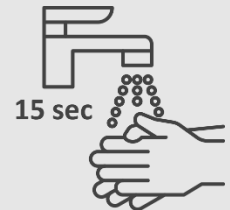
Cover your coughs and sneezes

- 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.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people.



Contact your public health unit:

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus

The information in this document is current as of February 14, 2020

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Ontario 

CORONAVIRUS DISEASE (COVID-19)

HOW TO ISOLATE AT HOME WHEN YOU HAVE COVID-19



Isolation means staying at home when you are sick with COVID-19 and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

If you have been diagnosed with COVID-19, it is expected that you take the following measures.

Limit contact with others

- ▶ Do not leave home unless absolutely necessary, such as to seek medical care.
- ▶ Do not go to school, work, other public areas or use public transportation (e.g. buses, taxis).
- ▶ Arrange to have groceries and supplies dropped off at your door to minimize contact.
- ▶ Stay in a separate room and use a separate bathroom from others in your home, if possible.
- ▶ If you have to be in contact with others, keep at least 2 metres between yourself and the other person. Keep interactions brief and wear a mask.
- ▶ Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.
- ▶ Avoid contact with pets if you live with other people that may also be touching the pet.

Keep your hands clean

- ▶ Wash your hands **often** with soap and water for at least 20 seconds, and dry with disposable paper towels or dry reusable towel, replacing it when it becomes wet.
- ▶ You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- ▶ Avoid touching your eyes, nose and mouth.
- ▶ Cough or sneeze into the bend of your arm or into a tissue.

Avoid contaminating common items and surfaces

- ▶ At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- ▶ Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- ▶ Use regular household disinfectants or diluted bleach (one part bleach and nine parts water) to disinfect.
- ▶ Place contaminated items that cannot be cleaned in a lined container, secure the contents and dispose of them with other household waste.
- ▶ Put the lid of the toilet down before flushing.

Care for yourself

- ▶ Monitor your symptoms as directed by your healthcare provider or **Public Health Authority**.
- ▶ If your symptoms get worse, immediately contact your healthcare provider or **Public Health Authority** and follow their instructions.
- ▶ Get some rest, eat a balanced diet, and stay in touch with others through 'communication devices'.



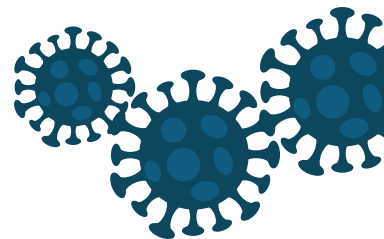
Supplies to have at home when isolating

- Surgical/procedure masks (do not re-use)
- Eye protection
- Disposable gloves (do not re-use)
- Disposable paper towels
- Tissues
- Waste container with plastic liner
- Thermometer
- Over the counter medication to reduce fever (e.g. ibuprofen or acetaminophen)
- Running water
- Hand soap
- Alcohol-based sanitizer containing at least 60% alcohol
- Dish soap
- Regular laundry soap
- Regular household cleaning products
- Bleach (5% sodium hypochlorite) and a separate container for dilution (one part bleach to nine parts water)
- Alcohol prep wipes
- Arrange to have your groceries delivered to you



**WE CAN ALL DO OUR
PART IN PREVENTING
THE SPREAD OF
COVID-19. FOR MORE
INFORMATION, VISIT**

Canada.ca/coronavirus
or contact
1-833-784-4397 |
phac.info.aspc@canada.ca



COVID-19 (coronavirus) Symptom Log

You have been asked to self-monitor as you have, or may have, COVID-19 (coronavirus).



Day	Date	Time	Temperature reading	Symptoms? yes or no	If yes, list:
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					

Symptoms to monitor and report

Temperature over 38.0°C (100.4°F), cough, difficulty breathing, headache, fatigue, sore throat, chills.

Instructions to monitor your symptoms

You must monitor your temperature and health daily and report to Public Health Sudbury & Districts until you are advised to stop.

- Complete this form daily. Public Health will arrange a time and way for you to report your information.
- **Do not share your thermometer.**

Refer to relevant fact sheets provided to you for additional information.

Contact Information:

Public Health Sudbury & Districts

- 705.522.9200, ext. 301
- 1.866.522.9200, ext. 301 (toll-free)
- 705.688.4366 after-hours

Prevent the virus from spreading

Instructions for caregivers of someone who has, or who may have, COVID-19 (coronavirus)

If you are caring for someone who has, or who may have, COVID-19, limit your contact with them as much as possible.

Public Health Sudbury & Districts will give you special instructions about how to monitor your own health, whether you should self-isolate, and what to do if you start to feel sick.

Follow the advice of your health care provider and/or Public Health Sudbury & Districts. If you have questions, or you or the person you are caring for start to feel worse, contact Public Health, and your health care provider or Telehealth Ontario.

Special instructions for caregivers (recommendations)

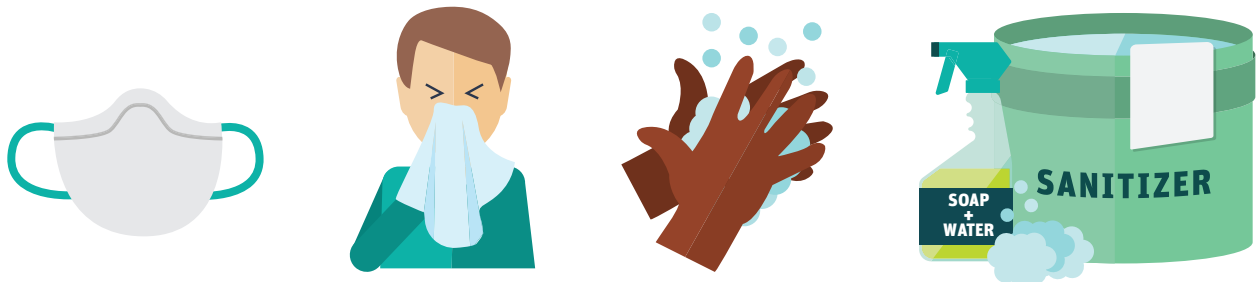
Wear protection

- ❖ Wear gloves, a mask, and eye protection (goggles or a face shield) while you provide care or are in the same room as the person.

Taking protection off

Follow these steps when you remove your protective equipment:

1. Take your gloves off.
2. Wash your hands with alcohol-based hand rub or sanitizer (preferred method). Use of plain soap and water is acceptable if alcohol-based hand rub or sanitizer is not available. If your hands are visibly soiled, clean them with plain soap and water. Wash your hands for 15 seconds (count out loud as a reminder).
3. Remove your eye protection.
4. Remove your mask by only holding the ear loops or ties—do not touch the front of the mask that was over your face.
5. Put the mask in a waste container or disposable bag right away.
6. Use a cleaner or disinfectant to clean your eye protection. Follow the product instructions.
7. Wash your hands a second time. If your hands look dirty or came into contact with respiratory secretions or other body fluids, clean them with plain soap and water.



Stop the spread of infection

- Avoid sharing items that might be contaminated, for example, toothbrushes, cigarettes or vapes, eating utensils, drinks, towels, washcloths, or bed linen. Do not share a bed.
- Clean dishes and eating utensils with dish soap and water after use. Use of a dishwasher with a drying cycle will also provide a sufficient level of cleaning.
- Clean high-touch areas such as toilets, sink tap handles, doorknobs, and bedside tables daily. Use regular household cleaners and clean more often, if visibly soiled.
- Wash laundry thoroughly using regular laundry soap and water.
- Wash your hands frequently. The infected person should do the same. Wash your hands for 15 seconds (count out loud as a reminder). Alcohol-based hand sanitizer is preferred. If alcohol-based hand sanitizer is not available, plain soap and water is acceptable. If hands are visibly soiled, clean them with plain soap and water.

Monitor your health

- Monitor for symptoms of COVID-19 (fever, cough, congestion (stuffy), difficulty breathing).
- If you think you are ill, isolate yourself right away and call Public Health. See the self-isolation fact sheet for instructions.
- Follow the instructions below if you need to go to the hospital or if you seek medical care.

If you need to take someone with COVID-19 to the hospital or an appointment

- Do not use public transportation such as buses, taxis, airplanes, or trains.
- Call Public Health if you need to take the person you are caring for to the hospital or to a medical appointment. We will discuss transportation options for you, and we will call the hospital or clinic to make sure they are prepared when you arrive.
- The person you are caring for should wear a mask (surgical or procedure mask) over their nose and mouth, and travel in a private vehicle if possible.
- If you need to call an ambulance, tell them that the person you care for has COVID-19 (coronavirus) so they can take special precautions.

For more information, please contact:

Public Health Sudbury & Districts, Control of Infectious Diseases Program at 705.522.9200, ext. 301 (toll-free: 1.866.522.9200; after-hours: 705.688.4366) or Telehealth Ontario (24/7) at 1.866.797.0000.

Coronavirus Disease 2019 (COVID-19)

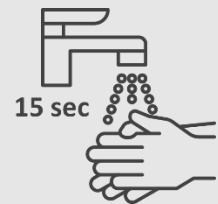
Self-isolation: Guide for caregivers, household members and close contacts

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

Your local public health unit will give you special instructions about how to monitor your own health, what to do if you start to feel sick and how to contact them. 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 mask and gloves

- Wear a mask and gloves when 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 use

- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off 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

- Only have visitors who you must see and keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency) 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 investigation.
- 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.



Contact your public health unit:

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus

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