

# Self-Isolation Information Sheet

**The Government of Canada is recommending that anyone who has traveled to the Hubei province of China self-isolate for 14 days after leaving the affected area.**

**Self-isolation is also recommended if you have had close contact with someone who is ill.**

**It is also recommended that anyone who traveled to mainland China in the last 14 days monitor themselves for symptoms like fever or cough for 14 days after leaving. If symptoms develop, self-isolate and call Healthline 811.**

## What is self-isolation?

Self-isolation simply means avoiding situations where there is a potential to spread infection to others, such as: work, school, sporting events, social, cultural and religious gatherings and public places such as restaurants and malls. You should also avoid public transportation where possible.

If you have a pressing necessity and need to leave home, please wear a surgical mask while you are out.

## Checklist for Home Isolation

- If sharing accommodations, such as university residence, try to make sure the ill person has their own room.
- If possible, open windows to help ventilate shared rooms.
- You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items.
- Make sure you have sufficient cleaning materials.
- Ask a friend or family member for support getting groceries, prescriptions and other personal needs.
- Do not have visitors in your home.
- Monitor your symptoms or the symptoms of the person you are caring for and call Healthline 811 for direction.

## What else can I do?

- Wash your hands with soap and water.
- Cover your coughs and sneezes.
- Avoid touching eyes, nose and mouth.
- Clean & disinfect surfaces, such as: counters, doorknobs and light switches.

