

January 2020

## Novel Coronavirus (2019-nCoV)

**Self isolation advice: Preventing the spread to others while you are awaiting your results**

**You have been advised by your healthcare provider and Toronto Public Health to self-isolate while awaiting results. Please follow the instructions below to reduce the risk of spreading illness to others:**

### Travel to/from the hospital or healthcare provider's office

Do not use public transportation. Drive yourself if possible. If this is not possible, arrange a ride with a friend, family member, taxi, car service or ambulance. If travelling with another person, you must wear a mask. The healthcare provider's office or hospital should provide you with a mask to use during transportation.

### Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. **Do not go to work, school, or public areas.**

### Separate yourself from other people in your home

As much as possible, you should stay in a different room from other people in your home. Also, you should use a separate bathroom, if available. Do not have visitors into your home.

### Call ahead before visiting your doctor

Before your medical appointment, call the healthcare provider and tell them that you have, or are being assessed for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected.

### Wear a facemask

You should wear a facemask when you are in the same room with other people and when you visit a healthcare provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the same room with you.

### Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze and throw out the tissue immediately after use. If there is no tissue available, you can cough or sneeze into your sleeve/arm. Immediately wash your hands with soap and water or use hand sanitizer.

### Wash your hands

Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

### Avoid sharing household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking medical attention, call your healthcare provider or Emergency Department and tell them that you are being assessed for the 2019 Novel Coronavirus infection.

You should also attempt to contact Toronto Public Health (contact information below) prior to seeking medical attention.

If your illness is worsening and you are unable to contact your healthcare provider, the Emergency Department or Toronto Public Health prior to seeking medical attention, please do not delay care. Contact 911 and advise that you are being assessed for the 2019 Novel Coronavirus infection.

## More information

Toronto Public Health will contact you with your results and / or when it is time to end self-isolation.

If you have further questions please contact Toronto Public Health's Communicable Disease Liaison Unit at 416-338-2100, during business hours Monday to Friday 8:30 am to 4:30 pm or call 3-1-1 after hours.

## References:

Centers for Disease Control and Prevention. 2019. Interim Guidance for Preventing 2019 Novel Coronavirus (2019-nCoV) from Spreading to Others in Homes and Communities. Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/guidance-prevent-spread.html>

Public Health Ontario. 2019. Novel Coronavirus (2019-nCoV). Retrieved from: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>