

COVID-19

Recommendations for self-isolation

- **Stay at home and indoors. Do not go to school, work or any public areas.**
- Find alternate accommodations away from anyone else if possible
- If getting alternate accommodations is not possible, stay in a separate room
 - » Have a caregiver bring meals and supplies to the room and drop off outside the door
 - » Have a bathroom in your home dedicated to only you. If a bathroom needs to be shared, clean after every use.
 - » No sharing of utensils, toothbrushes, ipads, gaming devices, headsets, towels, etc.
 - » If you must leave your room, wear a medical mask if you have one, otherwise wear a face covering
 - » Keep a physical distance of 6 feet (2 meters) from other household members
 - » Rooms in the home should be well ventilated (i.e., keep window open if possible, if weather permits and tolerated)
- **No visitors**
- **You may go outside in your own backyard or balcony. Ensure to clean doorknobs after each use.**
- **Do not use public transportation, rideshare companies or taxis**
- **Cancel non urgent appointments**
- **If you must go out for a medical appointment or urgent care, you must contact the COVID-19 Info-Line at 905-688-8248 press 7 and a public health professional will give you detailed instructions to follow to protect you, your family and members of the public**
- **Make alternate arrangements to support children and other dependents if possible**
- **Ask a friend or family member to help you get a supply of groceries and other necessities, do not go out and get them yourself**

Created April 2020. Updated October 2020, version 6. Information regarding COVID-19 is fluid and rapidly changing. Guidance from the Federal and Provincial governments changes often. Please call the Niagara Region Public Health Novel Coronavirus (COVID-19) Info-Line at **905-688-8248** or visit our website niagararegion.ca/health to receive up-to-date recommendations regarding COVID-19.



If your symptoms get worse, immediately contact your health care provider or call **911**.

The duration of your self-isolation will be for a **minimum of 10 days**. For some, self-isolation will last much longer. This is based on your personal health situation. Guidance will be provided by your health care provider or the public health professional monitoring your case.

Novel Coronavirus (COVID-19) Info-Line

Talk to a public health professional Monday to Friday from 9:15 a.m. to 8:30 p.m., and Saturday and Sunday from 9:15 a.m. to 4:15 p.m.

905-688-8248 press 7 Toll-free: **1-888-505-6074**

niagararegion.ca/COVID19

Symptoms

Full list of COVID-19 symptoms below. For specific information on what to do when a child or adult has symptoms refer to niagararegion.ca/COVID19.

The most common signs of infection include:

- Fever and/or
- A new cough or a cough that is getting worse

Other symptoms include:

- Difficulty breathing
- Sore throat
- A runny or congested nose (not allergies)
- Chills

Other non-specific symptoms are:

- Muscle aches
- Fatigue (feeling weak, tired, exhausted)
- Headache
- Diarrhea
- Lost sense of taste or smell
- Conjunctivitis (pink eye)
- Rash
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Lost consciousness
- Nausea
- Vomiting
- Unexplained abnormally rapid heart rate
- Chronic conditions getting worse

Non-specific symptoms for young children may include:

- Lethargy (feeling sluggish, tired, exhausted)
- Poor feeding

Prevent the Spread of Disease

To prevent the spread of infectious diseases and to keep healthy, follow these simple steps:



Stay home if you're sick



Keep your distance

Practice physical distancing. Keep a distance of six feet from others



Cover your cough or sneeze

With a tissue or into your sleeve.

Throw your used tissues and masks into a covered, plastic lined container and clean your hands



Avoid sharing personal items

Especially those that come into contact with saliva, such as toothbrushes and eating utensils



Wash your hands often

Clean your hands with soap and water for 20 seconds, or alcohol based hand sanitizer. Avoid touching your eyes, nose or mouth with unwashed hands.

Dry your hands with a paper towel. For those in self-isolation, if you do not have paper towel, use a towel that is dedicated to you only and keep the towel separate from everyone else's towels

Clean and disinfect

Clean and disinfect high touch surfaces at least twice daily. Use a product that states it's a disinfectant and follow manufacturer's instructions.

- High touch surfaces can include toilet handles, sink tap handles, doorknobs, light switches, electronics (cell phones, tablets, iPads, headsets, gaming devices, remotes) and bedside tables. High touch surfaces should be cleaned and disinfected at least twice daily, and more often if visibly soiled.
- Place contaminated items that can't 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

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