

# Self-Isolation Guidance for Asymptomatic Individuals

Office of the Chief Medical Officer of Health - July 28, 2020

**Note: This guidance does not apply to persons who are COVID-19 positive or to persons who have been ordered by Public Health to self-isolate. These individuals will be given more restrictive advice.**

Self-isolation means staying at one place for accommodations and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

Individuals directed to self-isolate are required to take the following measures:

- Limit contact with others. Do not leave your accommodation / property unless to seek unexpected medical care or to attend a funeral or burial service. If this is necessary, travel directly to and from the place receiving medical care or the funeral or burial service. Wearing a non-medical mask is required when unable to maintain physical distancing in the community.
- Avoid contact with individuals with chronic conditions, compromised immune system or older adults as they are more at risk of complications from COVID-19.
- Make arrangements for food and other necessities to be delivered.
- If you are staying with others:
  - Maintain a 2-metre distance from others. If you have to be closer than 2 metres, keep interactions brief and wear a non-medical mask.
  - Stay in a separate bedroom and if possible, use a separate bathroom. If a separate bathroom is not available stagger schedules for washing and disinfect surfaces such as taps, toilet and door handles after each use. Ensure each person has their own towels and personal items.
  - Other individuals in the accommodations may still attend work and daycare, pick up essential items and run essential errands. However, they cannot participate in any gatherings.
  - **Visitors are not permitted during the 14-day period even if outside and maintaining 2-metre distance.**
  - If members of the household cannot ensure that the above requirements can be met, then all members are to follow self-isolation guidance for the 14-day period.

- Follow general public health measures:
  - o Practice good handwashing. Proper handwashing requires regularly and thoroughly washing your hands with soap and water.
  - o Within the accommodations, regularly clean and disinfect frequently touched objects and surfaces with regular household cleaners.
  - o Practice good respiratory hygiene. When you cough or sneeze, do so into a tissue; dispose of the tissue and wash your hands afterwards. If you do not have a tissue available, cough into your sleeve or elbow.
  
- All individuals in the household will self-monitor during the 14-day period. If you or anyone else in the household develops symptoms, the symptomatic individual will isolate from others as quickly as possible and immediately call 811. All other individuals in the household must self-isolate (and not leave the accommodations for work or other reasons except for medical or other emergencies) until COVID-19 is ruled out. If COVID-19 is confirmed all persons in the accommodation must follow the advice of Public Health.