

You or someone you know may be instructed to **self-isolate.**

Here is what you need to do for the next 14 days.

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).



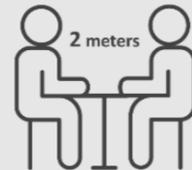
Avoid contact with others

- 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.



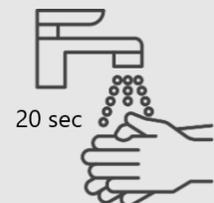
Cover your coughs and sneezes

- 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.



You or someone you know may be instructed to self-isolate.

Our Community Support Services Response Team can help!

We can:

- Complete a thorough intake process to assist you in identifying what you need while self-isolating
- Connect you to volunteers for pick-up and delivery of essentials like groceries, prescriptions, and pet food so you do not need to leave your home
- Connect you with a friendly volunteer for a social phone call or security check
- Arrange frozen Meals on Wheels delivered to your home
- Discuss opportunities for participation in virtual social/physical activity programming
- Discuss our other programs and connect you to programs of interest, such as our Emergency Response Systems



**Contact us at
705-457-2941 to find
out how we can support
you in planning for your
14 day self-isolation**

Our team of staff and volunteers comply with physical distancing recommendations, allowing you to safely access our services while you stay in self-isolation