

How to Isolate

Individuals advised by Public Health must isolate.



Household members must isolate if:

- They cannot remain separated from another household member who is self-isolating. For example, several people in a shared small space.
- The person self-isolating is unable to follow the guidance outlined in this document. For example, a parent caring for a young child.



Stay home:

- Do not leave your home/property unless to escape danger or to seek emergency medical care.
- Do not go to school, work, etc. You may go outside on your balcony or into your yard.
- You are not permitted to go for walks, except on your own property.
- You are not permitted to go for a drive, even if alone in the car.
- Make arrangements for food and other necessities to be delivered.



Limit contact with others:

- Visitors are not permitted, even if outside and maintaining two-metre distance.
- Do not use common areas that are shared with other households, for example laundry rooms and outdoor areas in an apartment complex.
- Avoid all contact with others living in your household, especially those with chronic health conditions or compromised immune systems and older adults.
- The entire household must isolate if they cannot remain separated from the household member who is isolating.



Practise good hygiene:

- Keep your hands clean by washing them with soap and water frequently, practising proper cough/sneeze etiquette and not touching your eyes, nose or mouth.
- Do not share personal items with household members including hand towels, bed linen, utensils, toothbrushes, and electronic devices.
- A separate bathroom is required. If the bathroom must be shared, the entire household must isolate.
- Clean and disinfect commonly touched surfaces, including light switches, sinks, taps, toilets and door handles, after each use.