How to Isolate
Individuals advised by Public Health must isolate.

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 contact with others living in your household, especially those with chronic health conditions or compromised immune systems and older adults.
• Anyone unvaccinated.

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 recommended.
• Clean and disinfect commonly touched surfaces, including light switches, sinks, taps, toilets and door handles, after each use.