

IMPORTANT COVID-19 INFORMATION

How to Self-Isolate After Discharge for COVID-19

Taking Care at Home

While recovering from COVID-19, you can still spread the virus to others.

You are required to self-isolate once you arrive home from the hospital. Public Health will contact you following your discharge from hospital to provide you with more information and to answer any questions you may have. This call may come up as unknown number or a number you do not recognize. Please answer your phone. This call is important.

Self-isolating in a shared home: as long as you follow self-isolation direction, household members **do not** have to self-isolate unless they have been directed to do so by Public Health.

Getting Home from the Hospital

- Arrange transportation with a friend or family member.
- **Do not** use public transportation to return home.
- Physically distance from the driver as much as possible (ie. sitting opposite the driver in the back seat, allow airflow by rolling down windows)
- **Do not** make any stops on your way home, not even for necessary supplies or prescriptions.
- Wear your mask until you are safely home.

How to Self-Isolate at Home

What to do:

- Stay home (you can go on your deck, balcony or in your yard but you need to avoid contact with other people).
- If in a shared home, isolate in a bedroom if possible and avoid using common areas such as the kitchen.
- Use a separate bathroom, if possible. If sharing a bathroom, sanitize after each use.
- Arrange contact-less delivery of groceries, supplies, medications and any required medical equipment.

What not to do:

- **Do not** have visitors to your home.
- **Do not** use public transit or taxis.
- **Do not** go to work, school or other public areas.
- **Do not** share spaces with anyone.



Get medical care if you experience:

difficulty breathing
(new or getting worse)

•
chest pain
(new or getting worse)

•
confusion or loss of consciousness

•
elevated temperature with chills



IMPORTANT:

If you call 911 or go to the hospital for any reason, you must identify your COVID-19 status.

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