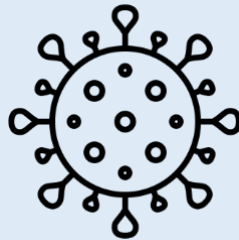


## General Resources on Self-Isolation

Resources to help you navigate self-isolation if you may have been exposed to COVID-19 or have tested COVID-19 positive. Learn what self-isolation entails, how to stop the spread of the virus, how to notify close contacts, what to do if you believe you have been exposed to the virus, and more.



## How to Quarantine (Self-Isolate) at Home When You May Have Been Exposed to COVID-19 and Have No Symptoms

General guidelines from the Government of Canada on how to self-isolate at home when you may have been exposed to COVID-19 and have no symptoms. Find information on what self-isolation entails, what to do if you develop symptoms in quarantine, how to limit contact with others, helpful supplies to keep at home, and more.

**Accessible from:** <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html>

## COVID-19: Stop the Spread

Information from the Government of Ontario on what you need to do to help stop the spread of the novel coronavirus, how to self-isolate if you've been exposed and how to care for someone with coronavirus (COVID-19). Find information on symptoms and treatment, face coverings, getting tested for COVID-19, how to self-isolate, travelling, and more.

**Accessible from:** <https://www.ontario.ca/page/covid-19-stop-spread#section-4>

## How to Self-Isolate

Infographic from Public Health Ontario on how to self-isolate. Find guidance on how to stay at home, avoid contact with others, keep your distance, wash your hands, cover your coughs and sneezes, wear a mask, and what to do if you develop symptoms.

**Accessible from:** <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>

## COVID-19: If You Are Sick or Caring for Someone

Guidance from the Centers for Disease Control and Prevention (CDC) on caring for yourself and others if you or others become sick with COVID-19. Find resources on what to do if you are sick, how to isolate if you are sick, when you can be around others again, and caring for someone at home.

**Accessible from:** [https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Fguidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Fguidance-prevent-spread.html)

## How to Isolate at Home When You May Have COVID-19

Resource from the Government of Canada on how to isolate at home when it is possible that you have been exposed to COVID-19. Find information on what isolation entails, how to limit contact with others, keep your hands clean, avoid contaminating common items and surfaces, care for yourself, and more.

**Accessible from:** <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html>

## What to Do If You Might Have COVID-19

Infographic from [Health Design Studio](#) on what to do if you suspect you have COVID-19. Find information on what you can do to feel better, and what to do if you begin to feel worse.

**Accessible from:** [https://docs.google.com/document/d/19hUN2xTC\\_0o6SGBBwEt7XUAUY-yJky4NyVzCV9XJEgo/edit](https://docs.google.com/document/d/19hUN2xTC_0o6SGBBwEt7XUAUY-yJky4NyVzCV9XJEgo/edit)

## COVID-19 Self-isolation Sheet

infographic from [Health Design Studio](#) detailing how to self-isolate for COVID-19, including how to isolate while living in an apartment or condo building, and living with others while being sick.

**Accessible from:** [https://docs.google.com/document/d/1gtogspXrTc\\_tfrjAXjuiSOJd40quNCBdvDDtJQ32P3Y/edit](https://docs.google.com/document/d/1gtogspXrTc_tfrjAXjuiSOJd40quNCBdvDDtJQ32P3Y/edit)

## COVID-19 Self Isolation, Self-Management, and Safety Advice Infographics

A collection of printable infographics available in multiple languages from [Health Design Studio](#) on navigating the COVID-19 pandemic. Find information on testing for COVID-19, terminology differences, physical distancing in apartments, details on hospital visitation, mask usage, and other safety protocols.

**Accessible from:** <http://www.healthdesignstudio.ca/covid-19-printables.html>

## COVID-19 Class Order for Self-Isolation Fact Sheet (English)

Information from the Medical Officer of Health's COVID-19 Class Order directing people to stay home and self-isolate until they are not contagious with COVID-19. Find details on what a COVID-19 class order is, who the class order applies to, how long people should self-isolate for, and more.

**Accessible from:** <https://www.toronto.ca/wp-content/uploads/2020/04/9733-COVID-19-April1-Class-Order-Fact-Sheet.pdf>

## How to Notify Close Contacts: Who Is a Close Contact? (English)

Visual from Toronto Public Health explaining who is, and who is not a close contact. This information can be used to identify persons who may have become exposed through contact with someone who has COVID-19.

**Accessible from:** <https://www.toronto.ca/wp-content/uploads/2020/11/986b-Who-is-a-Close-Contact-Banner-FNL.pdf>

## How to Notify Close Contacts: Who Is a Close Contact at Work? (English)

Visual from Toronto Public Health explaining who is, and who is not a close contact in the workplace. This information can be used to identify coworkers who may have become exposed through contact with someone who has COVID-19.

**Accessible from:** <https://www.toronto.ca/wp-content/uploads/2020/10/8e69-Who-is-a-Close-Contact-at-Work-FNL-Banner.pdf>

## Quarantine and Isolation: Mental Health

An outline from CAMH on how the effects of isolation can negatively impact mental health, as well as resources to help cope. The article additionally provides tips and advice for supporting a loved one, particularly those with a pre-existing mental illness, while in isolation.

**Accessible from:** <https://www.camh.ca/en/health-info/mental-health-and-covid-19/quarantine-and-isolation>

## Toronto Voluntary Isolation Centre Infographic (English)

An infographic from Toronto Public Health that is applicable if you or someone you live with has COVID-19, and you need a private space to self-isolate. Provides information on accommodations at the centre, meals and snacks, and a hotline contact number for further inquiries.

**Accessible from:** <https://www.toronto.ca/wp-content/uploads/2020/12/946d-Torontos-Voluntary-Isolation-Centre-NOV-Banner-English.pdf>

## 211 Program: Government, Community-based, Non-Clinical Health and Social Services

A website from 211 describing their free and confidential services, which can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text, and web. During COVID-19, 211 can play an important role in helping you access social programs, such as getting groceries or running errands while self-isolating, assistance in applying for Government benefits, and accessing mental health services.

**Accessible from:** <https://211.ca>

## Paid Self-Isolation/Quarantine Accommodation Options for Students

A list of resources from the University of Toronto recommending potential accommodation, food delivery, and transportation options for campus community members required to self-isolate.

**Accessible from:** <https://studentlife.utoronto.ca/wp-content/uploads/Quarantine-Accommodation-Options.pdf>

## COVID-19: What to Do if Asymptomatic, What to Do If Symptomatic Infographic

An infographic from Unity Health Toronto with visual descriptions of what to do if asymptomatic or symptomatic with COVID-19. Includes surgery information, travel precautions, information regarding close contacts, and what to do after exposure is alerted by the COVID-19 Alert App.

**Accessible from:** [https://unityhealth.to/wp-content/uploads/2020/10/COVID19\\_Assym\\_Infographic\\_Poster1\\_24x36\\_Oct05\\_2020.pdf](https://unityhealth.to/wp-content/uploads/2020/10/COVID19_Assym_Infographic_Poster1_24x36_Oct05_2020.pdf)

## COVID 19: Have COVID-19 or Been Exposed

A resource from the City of Toronto outlining what to expect if you have COVID-19, contact tracing and notifying close contacts, the Toronto Voluntary Isolation Centre, and ending self-isolation and returning to work.

**Accessible from:** <https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/covid-19-have-symptoms-or-been-exposed/>

## COVID-19: Reduce Virus Spread

A page by the City of Toronto providing tips on how to reduce virus spread during COVID-19. Find out how to practice physical distancing, practice safer sex, ensure food safety, wear a face covering, safely perform CPR during COVID-19, and other advice for specific needs.

**Accessible from:** <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-reduce-virus-spread/>

## Planning Your Quarantine

Guide from the University of Ottawa to help travelers or persons that must enter a mandatory 14-day self-isolation plan. Find information on planning for quarantine before you travel, what to expect upon arrival, what to do while you are in quarantine, and more.

**Accessible from:** <https://international.uottawa.ca/en/Planning-your-own-quarantine>

## Seniors Resources and Supports During COVID-19

Support services and resources available for seniors during the COVID-19 pandemic compiled by Red Book, a Community Information website from the Hamilton Public Library. Find resources for loneliness, meal delivery, grocery shopping, faith-based support, and more for seniors in self-isolation in Hamilton and nearby regions.

**Accessible from:** <https://redbook.hpl.ca/node/12216>

## CareMongering-HamOnt: Hamilton Community Response to COVID19

A Hamilton-based Facebook group for sharing and organizing community resources in response to COVID-19. Ensures vulnerable community members have access to food, housing, healthcare, and other necessities.

**Accessible from:** <https://www.facebook.com/groups/Hamont.Response.COVID19/>

## CareMongering-Ott: Ottawa Community Response to COVID19

An Ottawa-based Facebook group for sharing and organizing community resources in response to COVID-19. Ensures vulnerable community members have access to food, housing, healthcare, and other necessities.

**Accessible from:** <https://www.facebook.com/groups/1818811868263501/>

## CareMongering-TO: TO Community Response to COVID19

A Toronto-based Facebook group for sharing and organizing community resources in response to COVID-19. Ensures vulnerable community members have access to food, housing, healthcare, and other necessities.

**Accessible from:** <https://www.facebook.com/groups/TO.Community.Response.COVID19/>