

If you've tested positive, please feel free to utilize the following resources for support and guidance if you must self-isolate.

Wraparound Resources Package:

Find a large variety of compiled resources to help you navigate self-isolation if you may have been exposed to COVID-19 or have tested positive for COVID-19. These include resources on government guidance, self-isolation in a shared home, financial supports, food and grocery delivery, mental health during self-isolation, and more.

<https://wellness-hub.ca/res/wraparound-resources-package/>



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.

<https://211.ca/>



Mental Health Support:

Check out MindBeacon: Therapist Guided Mental Health Support. Free mental health support funded by the Government of Ontario for Ontario residents experiencing stress, anxiety, or more. Services include 1-1 sessions focused on Cognitive Behavioural Therapy with a licensed therapist. Additionally offers customized support for healthcare workers.

<https://info.mindbeacon.com/btn542>



Food and Food Delivery Support:

The Good Neighbor Project provides seniors, persons with disabilities, pregnant individuals, and those in self-isolation with grocery delivery services, who are otherwise unable to access groceries during the pandemic. Provides service to the Greater Toronto Area, Ottawa, and London.

<https://www.goodneighbourproject.com/>



Toronto-Region Branch Mobile Food Bank:

Information from the Canadian Red Cross on the Mobile Food Bank service, which delivers food to persons who are unable to access a food bank due to a permanent or temporary disability. The program provides access to nutritious meals, safety checks, health status monitoring, and social interaction.

<https://www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/mobile-food-bank/toronto-region-branch-mobile-food-bank>



Self-Isolation in a Shared Home:

Check out the following 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, how to keep your hands clean, how to avoid contaminating common items and surfaces, how to care for yourself, and more.

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



Cleaning and Disinfecting your Home When Someone is Sick with COVID-19:

Guidelines from the Centers for Disease Control and Prevention (CDC) on how to adequately clean and disinfect your home when someone is sick with COVID-19. Learn how to clean soft, porous surfaces, electronics, laundry, and air ventilation systems to reduce airborne transmission of COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

