Prevent virus from spreading

Instructions for people who been asked to self-isolate

This fact sheet provides basic information only about preventing the spread of 2019 novel coronavirus (2019-nCoV). It does not take the place of medical advice, diagnosis or treatment.

This information is important if:

- You have been asked to self-isolate OR
- You live with someone who is self-isolating

Follow the advice of your health care provider and/or local public health unit. If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-877-797-0000) or your public health unit.

Stay at home
- Do not use public transportation or taxis.
- Do not go to work, school or other public places.
- Your health care provider and/or local public health unit will tell you when it is safe to

Wear mask
- If you must leave your house to see a health care provider or when you are within two metres of other people, wear a mask over your nose and mouth.

Wash your hands
- Wash your hands often with soap and water for at least 15 seconds.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.

Limit the number of visitors in your home
- Only have visitors who you must see and keep the visits short.
2019-nCoV is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

It is important to follow these steps so that the virus is not spread to others.

You can find your local public health unit by calling Service Ontario at 1-866-532-3161 or visiting the Ministry of Health’s public health unit locator tool at www.phdapps.health.gov.on.ca/PHULocator

You can also access up to date information on 2019-nCoV on the Ontario Ministry of Health’s website: