

CK Public Health Guide to

# Self-Isolate at Home



**Helpful information about how  
to safely self-isolate at home  
during the COVID-19 outbreak.**



519-355-1071 x1900



[www.ckpublichealth.com/covid19](http://www.ckpublichealth.com/covid19)



[covid19@chatham-kent.ca](mailto:covid19@chatham-kent.ca)

 Chatham-Kent  
Public Health

# Self-Isolate at Home

If you have been told to self-isolate by a healthcare professional, do not go out in the community.



**Stay home and avoid:**

- **going to work, school, or other public places**
- **using public transit, taxis, or rideshares**
- **hanging out with friends or family**
- **going to the store**
- **going through a drive-through**
- **stopping at a gas station**

**Have a family member or friend get groceries and supplies for you, or use a delivery service. Go to [letstalkfood-ck.com](http://letstalkfood-ck.com) or call 211 for available meal and grocery delivery services.**



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## Avoid contact with others:

- When possible, stay in a separate room or space away from where others spend time.
- Sleep alone if you can.
- Use a separate bathroom if there is one.
- Make sure any shared spaces in the home have good airflow (e.g., open windows).
- Avoid sharing toothbrushes, cutlery, dishes, drinks, towels, bed linens, etc.
- If it is not possible to be in a separate room, keep at least 2 metres of space between the person who is self-isolating and others in the home at all times. 2 metres is about the length of a mattress.
- Limit visitors coming into the home.



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# Self-Isolate at Home

## Personal Care and Health Hygiene



**Wash your hands often with soap and water for 20 seconds.**

**Do not share towels with others.**

**If soap and water are not available, use hand sanitizer with 70% alcohol content.**



**Cover coughs and sneezes with your elbow and wash or sanitize hands after.**



**Keep hands away from your face.**

**If you are not able to stay in a separate space from others, you can wear a mask or face covering over your nose and mouth.**



**Avoid touching the mask/covering or your face while wearing it.**

**Wash your hands before putting the mask/covering on and after taking it off.**



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## Cleaning and Disinfecting

Clean surfaces that are touched a lot, such as counters, toilets, sinks and tap handles, tables, doorknobs, light switches, remotes, phones, and bedside tables.



Use a diluted bleach solution (2 teaspoons of bleach to 4 cups of water) or other household disinfectant with a drug identification number or DIN.



Wear disposal gloves while cleaning if possible and wash hands after.



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## Care for other Household Items



### Dishes and eating utensils

Clean with dish soap and hot water after each use.  
Or use a dishwasher with a drying cycle.  
Do not share with others in the home.



### Laundry

Clean clothes, towels, and bedding with regular laundry soap and water.



Avoid shaking any laundry before it is washed.  
Laundry for someone who is self-isolating does not need to be separated from other household laundry.



### Waste

Throw used tissues in a lined waste bin. Wash hands after using tissues.  
All waste can be bagged in a regular plastic bag and thrown out with regular household waste.

**Always wash or sanitize hands after cleaning dishes, laundry, or waste for someone who is self-isolating.**



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