

# How to Self-Quarantine/Self-Isolate Correctly



Go straight to the place you are quarantining from the airport.

Stay there for 14 days.

Monitor yourself for symptoms (e.g. fever, coughing, difficulty breathing).



Avoid contact with other people.

Stay in a separate room.

Stay away from the elderly and people with medical conditions.

Keep your distance from all others (at least 2 metres).



Wash your hands with soap and water regularly.

Do not share towels.



Wear a mask if you must leave your house to see a doctor.



Cover coughs and sneezes.

If you develop symptoms contact Telehealth by calling 1-866-797-0000.

Click on the pictures for more information

After 14 days, you can stop isolating if you do not have a fever or any other symptoms.