



ADVICE SHEET

Wash your hands

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

Dry your hands with a paper towel, or with your own cloth towel that no one else shares.

If there is no soap or water around, use an alcohol-based hand sanitizer.



Wear a mask over your nose and mouth

If you have to leave your house to go to the nursing station, wear a mask. If you can, call ahead so they can prepare for your visit.

Always wear a mask when you are near others. Stay 6 feet or two metres

apart.

Wash your hands before you put your mask on and after you take it off.

If you have a cloth mask that you can reuse, wash it in hot water after each use.



Cleaning your home

Wipe down all high-touch surfaces at least twice a day. These are places like taps, door handles, remotes, and phones. Use disinfectant wipes or a bleach cleaning solution. To make the bleach solution, mix 1 part bleach to 99 parts water (10ml of bleach in 990ml of water).



I have more questions. Who can I ask?

Contact your nursing station or Telehealth Ontario (1-866-797-0000). Follow the advice you get from your health care provider.