

This guide should not replace primary care provider's clinical judgment.

1 Instruct Patient to Self-Isolate



- For most people, this will be a minimum of 14 days following symptom onset.
- Refer and review with the patient [How to Self-Isolate](#).
- Middlesex-London Health Unit will contact the patient to advise when their self-isolation is complete.
- Generally, they can be discharged from self-isolation when they are afebrile and have clinically improved (after the 14-day period). See quick references:
 1. [General Public: Testing, Quarantine and Self-Isolation](#)
 2. [Healthcare Workers \(HCW\): Testing, Quarantine and Self-Isolation](#)
 3. [Hospitalized Patients and Long-Term Care Home Residents: Testing, Quarantine and Self-Isolation](#)
- COVID-19 positive cases can be required by law to complete self-isolation under the *Health Promotion and Protection Act (HPPA Section 22)*.
- Further suggestions for patients:
 - High-touch areas such as toilets, sink tap handles, doorknobs and bedside tables should be cleaned daily using regular household cleaners and more often if visibly soiled.
 - High-touch electronics such as phones, computers and other devices may be disinfected with 70% alcohol or alcohol wipes, if they can withstand the use of liquids for disinfection.
 - All garbage can be bagged in a regular plastic bag and disposed of with household waste.
 - Household laundry does not need to be washed separately.

2 Self-Care While Isolating



- Consider supportive symptom treatment if appropriate for the patient.
- Advise patients to keep a log of daily temperature checks before or 4 hours after the latest dose.
- Advise patients to keep their room well ventilated; if possible, open windows and avoid tobacco or other smoke.
- Stay connected with friends and family by phone or computer.
- MLHU will contact positive cases and share a COVID-19 isolation care package with supportive resources and information. Supports for monitoring symptoms may include a referral to the London Health Sciences Centre Virtual Urgent COVID Care Clinic.
- Consider sharing some of these resources:
 - [Middlesex-London Community Supports](#)
 - [COVID-19: Support for People](#)
 - [COVID-19 Fact Sheet: Resources for Ontarians Experiencing Mental Health and Addictions Issues during the Pandemic](#)
 - [Take Care of Yourself and Each Other](#)
 - [The Working Mind: COVID-19 Self-Care and Resilience Guide](#)

This guide should not replace primary care provider's clinical judgment.

3 Isolation Requirements for Caregivers, Household Members and Close Contacts



- Those who lived with, or provided care for, patients during their period of communicability, will need to self-isolate for 14 days after last contact with the patient. The period of communicability is 48 hours before symptoms began until the date the patient self-isolates.
- For details please refer to:
 - Self-Isolation: Guide for Caregivers, Household Members and Close Contacts
 - Public Health Agency of Canada's Advice for Caregivers.

4 Patient Follow-Up



- Please remind your patients that they should monitor their **symptoms** of COVID-19.
- Talk to your patient about when to seek medical attention or call 911. Advise them, if calling 911, to inform the dispatcher that they have tested positive for COVID-19.
- Most individuals with mild to moderate symptoms can discontinue isolation 14 days after symptom onset, provided they are afebrile and symptoms are improving. Absence of cough is not required for those known to have chronic cough or who are experiencing reactive airways post-infection. For more information please reference [the COVID-19 Quick Reference Public Health Guidance on Testing and Clearance](#).
- Individuals with severe illness requiring hospitalization may need clearance swabs. For up-to-date guidance on testing in the Middlesex-London region, please see the London Health Sciences Centre's Pathology and Laboratory Medicine website <https://www.lhsc.on.ca/palm/labs/covid.html>

5 Healthcare Providers Can Stay Updated with Reliable Information



- Healthcare providers can stay updated with reliable information at <https://www.healthunit.com/covid-19-resources-healthcare>
- For further case and contact management please see: [Public Health Management of Cases and Contacts of COVID-19 in Ontario](#)