

How long is home isolation?

The length of time for home isolation is different for each person.

Your Public Health Nurse will tell you when home isolation is no longer needed, and you can resume your regular activities. Generally, this is based on your sputum results, tolerating TB medication for 2 weeks or longer, and feeling better.

Even when you feel better, it is important to keep taking all your TB medication as instructed by your Health Care Provider.

If you require additional support for mental health while isolating, please reach out and call Connex Ontario at 1-866-531-2600, for free 24/7 access or visit mental health support services.

To learn more about the WECHU's services, please call the Infectious Disease Prevention department at **519-258-2146 ext. 1420** or visit our website at: www.wechu.org



Adapted with permission from Toronto Public Health

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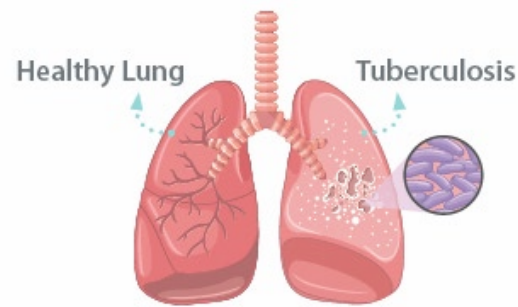
Home Isolation For Tuberculosis (TB)



What is home isolation?

Your Public Health Nurse has instructed you to **stay at home while you may be infectious**. This is called “home isolation”.

If you have TB disease in the lungs or throat, you can spread TB germs to other people through the air when you cough, sneeze, talk, laugh or sing.



Home isolation helps prevent the spread of TB because you stay home and away from other people while you are contagious.

Home isolation also gives your body time for the medication to work so that you are no longer infectious.

Only people who were already living with you can live with you while you are infectious.

Your Public Health Nurse will regularly check to see how you are doing.

How to protect my family and those around me?

Children under 5 years old who live with you should be on TB preventive medicine until they have had their final TB skin test. Their bodies may not be strong enough to fight TB germs yet. The medicine will protect them from becoming ill.

DO NOT invite visitors inside your home or visit other people. Ensure anyone entering for services (i.e., for essential maintenance, cleaning) wears a mask and if possible, open windows/doors. If the service is not essential, please reschedule it.

DO NOT go to public places (for example: work, school, libraries, places of worship, banks, community centers, restaurants, coffee shops, movies, grocery stores, and shopping malls).

DO NOT use public transportation (for example: buses, subways, trains, airplanes, and boats).

DO stay in touch with family and friends. Use the phone or computer to talk with people.

DO go outside on your balcony, backyard, or for short walks. When you are outside, you do not need to wear a mask but stay away from other people.

DO reschedule nonessential appointments or meetings until after your home isolation has ended.

DO sleep in a room that is not shared with other people.

DO ask a family member or friend to get groceries or meals for you.

DO wear a mask when you see your Health Care Provider or get tests for TB. If you take a taxi to your appointment, wear a mask and open the windows.

DO tell ambulance and emergency room staff immediately that you have TB if you have a medical emergency and need to go to the hospital.

DO open your windows to let out the TB germs when the weather is good.