

# Guide on Self-Isolation and Staying Physically Healthy

*Welcome to the University of Toronto. Your health & wellness are very important to us. The following tip sheet has been created so you can stay healthy and active while in quarantine.*

## How to Self-Isolate (Quarantine)

If you are arriving in Canada, you MUST adhere to the 14-day quarantine requirements as established by the Government of Canada as per the emergency order under the Quarantine Act. Failure to comply with this order is an offence under the Quarantine Act and has the potential to lead to significant fines or imprisonment. You must remain in your hotel room for the entire 14-day isolation period, and no visitors are permitted. If you violate these regulations, University of Toronto staff will immediately be contacted and advised of the situation.

## What to do if you start developing symptoms or are experiencing a medical emergency while in Quarantine?

As per Government of Canada: Should you develop symptoms or test positive for COVID-19 during your 14-day quarantine, you must begin isolating for an additional 14 days from the date of your positive test result or onset of symptoms. See [the Government of Canada's website](#) for more details.

- Stay isolated and avoid others when you first notice symptoms.
- If you are experiencing a medical emergency like struggling for each

breath, bad chest pain, confusion you should call 911 and seek immediate medical help.

- If you are concerned about your symptoms, immediately call a health care professional or public health office to discuss your symptoms, travel history, and next steps. Health & Wellness reception is available Monday- Friday from 9 a.m. - 4 p.m. at 416-978-8030.
- If your symptoms are mild and you have regular appointments with Health & Wellness you can talk with the nurse at your next appointment.

## Stress Management

This can be a stressful time – there have been changes, uncertainty, and new daily routines that are beyond our control. To take charge of stress, remember the 3As – Alter, Avoid, and Accept.

Unfortunately, there is only so much that can be altered or avoided about COVID-19. But, the situation can be accepted as stressful and you can have coping mechanisms in place to help manage that stress.

To help manage stress, learn to release what cannot be controlled and focus on what can. When your thoughts spiral out of control, a tip would be to re-engage your senses into the present with the 5-4-3-2-1 method. Name five things that you can see. Four things that you can touch. Three things that you can hear. Two things that you can smell. One thing that you can taste. Keep repeating this until you are back in the present.

## Staying Physically Healthy

### *Nutrition*

Eating healthy and well-balanced meals, including those high in Vitamin C, will help boost your immune system. This may not prevent you from getting COVID-19, but having a strong immune system may help you fight it. And remember to drink water and stay hydrated. Visit [food-guide.canada.ca](https://www.food-guide.canada.ca) for tips on healthy eating.

### *Limiting Substance Use*

If possible, avoid or limit alcohol use. Excessive or high-risk alcohol use can weaken your immune system and make you more susceptible to COVID-19 and other

illness. When drinking alcohol, try limiting your drinks to 10-15 drinks a week and no more than 2-3 drinks a day, depending on your sex.

### *Physical Activity*

You can still achieve the recommended 150 minutes of moderate to vigorous physical activity guideline by Shift your workouts to indoors with everyday objects like chairs. Follow MoveU...Anywhere or UofT Sport and Rec on Twitter, Instagram, or Facebook for adapted activities that can be done from your room.

### *Sleeping*

Aim for 7-9 hours long each night. Not getting enough sleep can lead to stress and illnesses. Practice good sleep hygiene by avoiding the use of alcohol and caffeine right before bed and maintaining a sleep and wake-up schedule. You may not be going to classes now, but setting a routine can bring some balance and stability.

## Final Thoughts

If you have any questions or you are feeling unwell, you can also call Health & Wellness and speak to a doctor or a nurse. The U of T Health & Wellness Centre remains open during this time and its doctors, nurses, and counsellors would be happy to assist you. Call 416-978-8030 for an appointment.

For 24/7 support, including mental health support, download the U of T My SSP app to be connected to a counsellor in your language.

[uoft.me/myssp](https://uoft.me/myssp)