



Instructions for those with COVID-19 symptoms who have NOT been tested

While you have not been tested for COVID-19 because you do not meet Ottawa Public Health criteria for testing, you still may have COVID-19 and still **MUST** monitor your symptoms, self-isolate at home, and notify your close contacts.

Monitoring your COVID-19 symptoms

- Most people with mild symptoms will recover on their own at home.
- If you are having escalating symptoms of respiratory illness, including a fever or worsening cough and flu-like symptoms, and are in need of medical attention please go to one of the [COVID-19 Care Clinics](#).
- If you are in distress (e.g. significant trouble breathing, chest pain, fainting, or have a significant worsening of any chronic disease symptoms), go to the nearest Emergency Department or call 9-1-1.

You **MUST** self-isolate at home

- Avoid isolating in a place where there are vulnerable people, including people who have a medical condition, compromised immune systems, or older adults. Leaving your property to go for a walk is not permitted.
- Stay in a private place like your yard or balcony if you go outside for fresh air.
- Limit contact with others in the place of isolation, including children.
- Stay in a separate room and use a separate bathroom from others in your home, if possible.
- If you must leave your room, in addition to keeping at least 2 metres (6 feet) apart from other persons in the home, it is best to wear a face mask, cloth or surgical, to protect the other persons.
- Do not have visitors.
- Do not leave your place of isolation unless it's to get medical care.
- Do not use public transportation (e.g., buses, taxis).
- Do not go to school or work in-person (you can attend virtually).
- Do not go into the community, including the grocery store and pharmacy.
- If you have to be in contact with others, practice physical distancing and keep at least 2 metres (6 feet) between yourself and the other person.

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- If you need groceries, medication, or other essential items, arrange to have a family member, friend, neighbour, or anyone else who is not in self-isolation do this for you. Have items left at the door to minimize contact.

**If this is not possible, call 2-1-1 for information on the full range of community, social, government and health services and programs available in Ottawa, and how to access them.*

Notifying your close contacts

- Please advise anyone who you have had close contact from 2 days (48 hours) before you were sick until you started being in self-isolation, that they must self-isolate for fourteen (14) days from their last contact with you.
- Close contacts include anyone who provided you care, anyone who lives with you, and anyone who had close contact with you for more than 5 minutes.
- Please provide your close contacts a copy of the Ottawa Public Health *“Instructions for those who may have been in close contact with a case of COVID-19”* or refer them to OttawaPublicHealth.ca/Self-Isolate.

Criteria to end self-isolation

- Discontinuing self-isolation depends on if you know if you have been exposed to COVID-19 and on your COVID-19 test result.
- Please refer to the following table for your situation. You can end self-isolation when:

Exposure History	Criteria
Known exposure to a person with COVID-19	Fourteen (14) days since your last exposure OR 14 days after your symptoms started, whichever is longer AND you have no fever AND your symptoms are improving
No known exposure to a person with COVID-19	Fourteen (14) days after symptoms started AND you have no fever AND your symptoms are improving

*** Please note:** health care workers have different criteria for discontinuing self-isolation. Please refer to the *“Instructions for workers in health care facilities and institutions”* located at OttawaPublicHealth.ca/Self-Isolate for more information.



International travel

- Please note that if you are returning to Canada from international travel, you **MUST** self-isolate for fourteen (14 days) even if you don't have any common or less common symptoms of COVID-19.
- On March 25, 2020 the Government of Canada issued an Emergency Order under the *Quarantine Act* that requires any person entering Canada by air, sea, or land to self-isolate for 14 days, except essential workers who cross the border.
- Please see canada.ca/COVID19 for more information.

Continue physical distancing **AFTER** your self-isolation has ended – these recommendation apply to all persons:

- Keep at least 2 metres (6 feet) between yourself and other people.
- Cancel all group gatherings.
- Connect via phone, video chat, or social media instead of in person.
- Talk to your employer about working from home (if possible).
- Avoid visiting elderly friends or relatives unless the visit is essential.
- Keep windows down for essential community trips via taxi or rideshares.
- You can go outside for a walk. Make an effort to step-aside or pass others quickly and courteously on sidewalks. Passing someone on the sidewalk is not considered close contact or a significant risk for exposure to COVID-19.

Please refer to OttawaPublicHealth.ca/Coronavirus for more information.