



# COVID-19

**A** Do you or anyone you live with have **ONE OR MORE** of these new or worsening symptoms (not related to other known causes or conditions)?



Fever / Chills



Cough



Difficulty Breathing



Decrease / loss of smell and taste

**B** Do you or anyone you live with have **TWO OR MORE** of these new or worsening symptoms (not related to other known causes or conditions)?



Sore throat



Headache\*



Very tired\*



Runny / stuffy nose



Muscle aches / Joint pain\*



Nausea / vomiting / diarrhea

\*If mild tiredness, sore muscles/joints or headache occur within 48 hours after getting a COVID-19 vaccine or flu shot, answer "No" and continue to follow all public health measures. If symptoms last longer than 48 hours or worsen, answer "Yes."

If the person you live with has not tested positive for COVID-19 and only has one of these symptoms: sore throat or difficulty swallowing, runny or stuffy/congested nose, headache, extreme tiredness, muscle aches or joint pain, nausea, vomiting and/or diarrhea, answer "No."

If you have only one symptom from part B, stay home until the symptom improves for at least 24 hours or 48 hours if nausea / vomiting / diarrhea.

**If you are sick or have any symptoms of illness, including those not listed above,** stay home and contact your health care provider or call Telehealth Ontario at 1-866-797-0000 to speak to a registered nurse.

**In the last 14 days,**

1. Have you travelled outside of Canada **AND** are currently required to be in quarantine per the federal quarantine requirements?

**In the last 5 days (or the last 10 days if you are not fully vaccinated and 12 years of age or older or immunocompromised),**

2. Have you or anyone in the household tested positive for COVID-19 on a rapid antigen test or PCR test?
3. Have you received a COVID Alert exposure notification on your cell phone? If you are fully vaccinated<sup>†</sup> answer "No."
4. Have you been identified as a "close contact (high risk contact)"<sup>§</sup> of someone who has tested positive for COVID-19?
  - If you are fully vaccinated<sup>†</sup> AND DO NOT live with the person who tested positive or has symptoms, answer "No."
  - If public health has advised you that you do not need to self-isolate, answer "No."

If you answered **YES** to any of these questions, **please return home and self-isolate.** Visit [OttawaPublicHealth.ca/COVID19instructions](https://OttawaPublicHealth.ca/COVID19instructions) for more information.

Adapted with permission from Toronto Public Health

Passive for business – January 14, 2022