You have **SYMPTOMS** and are concerned you may have COVID-19. Now what?

This guidance does not apply to individuals who live, work, volunteer or are admitted in a **highest risk setting**

**OttawaPublicHealth.ca/COVID19instructions**

- If you have just one of these symptoms, it is **less likely** that you have COVID-19 infection.
- Self-isolate until your symptoms are improving for at least 24 hours (48 hours for gastrointestinal symptoms).
- Your household members do not need to self-isolate.

**Do you have ANY of these symptoms?**

- **NO**
  - Fever / Chills
  - Cough
  - Shortness of breath
  - Decrease / loss of smell and taste

- **YES**
  - Sore throat
  - Headache
  - Fatigue

**Do you have 2 or MORE of these symptoms?**

- **NO**
  - Sore throat
  - Headache
  - Fatigue

- **YES**
  - Runny nose / Nasal congestion
  - Muscle aches / Joint pain
  - GI symptoms (vomiting / diarrhea)

- **It is highly likely** that you have a COVID-19 infection.
- **You MUST self-isolate immediately:**
  - For at least 5 days** from your symptom onset and until you have no fever and your symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms) whichever is longer in duration if you are:
    - 12 years of age or older AND fully vaccinated.
    - 11 years old or younger, regardless of your vaccination status
    - For 10 days from your symptom onset if you are:
      - 12 years of age or older AND either partially vaccinated or unvaccinated
      - Immune compromised, regardless of your age or vaccination status
- **Household members that do not meet ANY of the exceptions below must self-isolate while you are self-isolating** (unless they are immunocompromised. If they are immunocompromised and do not meet the exceptions below, they must self-isolate for 10 days from the day you developed symptoms or tested positive if you have no symptoms).
  - They previously tested positive for COVID-19 in the past 90 days
  - They are 18+ and received the booster
  - They are under 18 years old and are fully vaccinated
- **If you are eligible, get a PCR test.** If you have access, do a rapid molecular test or rapid antigen tests.
- **If your symptoms worsen, seek advice from Telehealth or your health care provider.**
- **Notify your workplace.**