

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***

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



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



NO

- 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.

YES

- 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:**
 - 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.

***Highest risk settings** include Hospitals (including complex continuing care facilities), congregate living settings (including, Long-Term Care, retirement homes, First Nation elder care lodges, group homes, shelters, hospices, correctional institutions and hospital schools) and international agricultural workers.

****For 10 days after symptom onset (or 20 days for immunocompromised individuals):** maintain masking in public setting, do not visit or work in any highest risk setting, do not visit vulnerable individuals (e.g., immunocompromised individuals or seniors).

Note: Symptoms should not be related to any other known causes or conditions.

When calculating your self-isolation period, calculate **day zero** of your isolation as either:

- Symptom onset date** (For example, if you began symptoms on April 10, April 10 is day zero and your last day of isolation is 11:59 pm on April 15);
- Testing date** (For example, if you do not have symptoms and were tested on July 15, July 15 is day zero and your last day of isolation is 11:59 pm on July 20).

Both examples are for an isolation period of five days.

Adapted from the Province of Ontario | May 4, 2022