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](https://www.healthcanada.ca/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.
• 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:

<table>
<thead>
<tr>
<th>Exposure History</th>
<th>Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>Known exposure to a person with COVID-19</td>
<td>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</td>
</tr>
<tr>
<td>No known exposure to a person with COVID-19</td>
<td>Fourteen (14) days after symptoms started AND you have no fever AND your symptoms are improving</td>
</tr>
</tbody>
</table>

* 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.