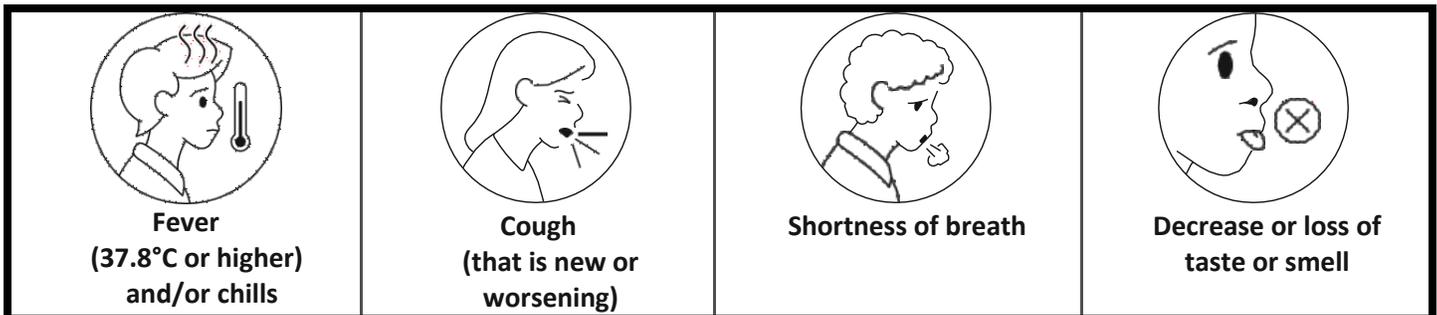


## Are you sick with symptoms of COVID-19?

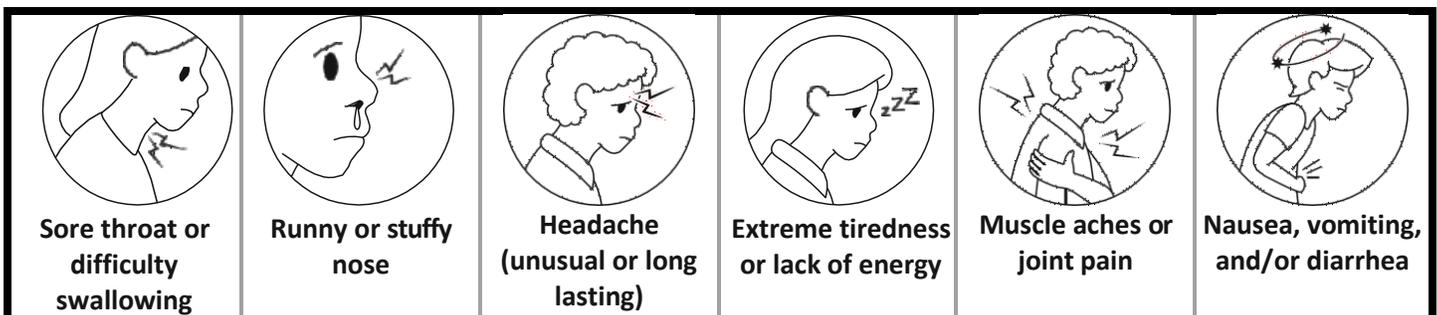
If you are sick with symptoms, you must **stay home and follow directions provided on the [provincial screening tool](#)**. Call your health care provider if required.

When determining if you have symptoms, think about if they are new, worsening, or different from usual. Symptoms should not be chronic or related to other known causes or conditions.

**One or more of the Most Common Symptoms of COVID-19 requires self-isolation:**



**Two or more of the following Other Symptoms of COVID-19 requires self-isolation:**



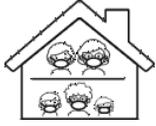
<sup>1</sup> Ministry of Health. (2022, March 21) COVID-19 Reference Document for Symptoms. Retrieved from: [https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

## What to do if you have symptoms?

1. If someone has ONE or more of the MOST COMMON SYMPTOMS or TWO or more of the OTHER SYMPTOMS, they likely have COVID-19. **They must stay at home and self-isolate as indicated below.**
2. If someone has ONE of the OTHER SYMPTOMS, they must stay home for at least 24 hours until symptoms are improving (48 hours for nausea/vomiting/diarrhea) and as long as they do not develop any new symptoms. Other household members do not have to go/stay home.
3. Household members should follow the instructions in the [provincial screening tool](#) or below.

| 11 years old or younger<br>OR<br><a href="#">Fully vaccinated</a>   |  |   |                                       |       |     |     | 12 years old or older and partially vaccinated<br>OR unvaccinated<br>OR immune compromised   |     |      |     |       |     |     |
|---|--|---|---------------------------------------|-------|-----|-----|--|-----|------|-----|-------|-----|-----|
| Isolate for 5 days from when symptoms started and stay in isolation until symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/ or diarrhea symptoms), whichever is longest.   |  |   |                                       |       |     |     | Isolate for 10 days from when the symptoms started and stay in isolation until symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/ or diarrhea symptoms), whichever is longest. |     |      |     |       |     |     |
| Sun   | Mon                                      | Tues  | Wed                                   | Thurs | Fri | Sat | Sun  | Mon | Tues | Wed | Thurs | Fri | Sat |
| 1   | 2  | 3   | 4                                     | 5     | 6   | 7   | 1  | 2   | 3    | 4   | 5     | 6   | 7   |
| 8   | 9  | 10  | 11                                    | 12    | 13  | 14  | 8  | 9   | 10   | 11  | 12    | 13  | 14  |
| 15  | 16                                       | 17  | 18                                    | 19    | 20  | 21  | 15   | 16  | 17   | 18  | 19    | 20  | 21  |
| <b>Legend</b>   | Symptoms start, self-isolate immediately | Self-isolate at home, except for emergency medical care | Return to work/school if feeling well |       |     |     |  |     |      |     |       |     |     |
| If your isolation period is 5 days, from days 6 to 10 after testing positive or developing symptoms, you must: <ul style="list-style-type: none"> <li>• wear a mask in public places, including work/school, and avoid activities where mask removal would be necessary (e.g. high-contact sports, playing a musical instrument, or dining out)</li> <li>• do not visit any highest-risk settings (such as long-term care or retirement homes) or people who may be at higher risk of illness (such as seniors or immunocompromised)</li> </ul> |  |   |                                       |       |     |     |  |     |      |     |       |     |     |

## What household members need to do:



Household members with no symptoms are required to isolate for as long as the person with symptoms is isolating, **unless they are:**

- **17 or younger and fully vaccinated**
- 18 and older and have their COVID-19 booster; or
- tested positive for COVID-19 in the last 90 days and completed their isolation period

If household members are not required to isolate, or if their isolation has ended after 5 days, they are still required to **self-monitor for 10 days\*** following last exposure to the person with symptoms.

## Close Contacts<sup>1</sup>

Tell any close contacts that they may have been exposed to COVID-19 and give them the link to [www.ontario.ca/exposed](http://www.ontario.ca/exposed). If you are a close contact, **self-monitor for 10 days\*** following last exposure to the person with symptoms.

<sup>1</sup>Close contacts include those who had contact with you within the 48 hours before symptoms began and until they started self-isolating, AND were within 2 metres for a total of at least 15 minutes without masking, distancing and/or use of personal protective equipment.

## \*Self-Monitoring

Self-monitoring means:

- monitor for symptoms for at least 10 days after exposure
- wear a well-fitted mask in all public places and avoid activities where they need to take off their mask (e.g., dining out, playing a musical instrument, or playing high-contact sports).
- individuals who are exempt from masking (e.g., children under two years of age, etc.) may return to public places without masking, however, parents must monitor them for symptoms for 10 days following last exposure.
- do not visit any highest-risk settings (such as long-term care or retirement homes) or people who may be at higher risk of illness (such as seniors or immunocompromised) for 10 days after your last exposure

## COVID-19 Testing



If a single PCR test is negative or two consecutive rapid antigen tests collected 24 to 48 hours apart are both negative, it is less likely that the person with symptoms has COVID-19. If this occurs, the person with symptoms can stop isolating when their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/or diarrhea symptoms).

## Travel Outside of Canada

If you travel outside of Canada, regardless of vaccination status, **for 14 days** you must:

- continue to wear a mask at all times when in public spaces (including work, schools and child care)
- maintain a list of all close contacts; and
- monitor for signs and symptoms of COVID-19.

## COVID-19 Vaccine

Are you unvaccinated, need a second dose, or booster dose? [Click here](#) to find a vaccine clinic located near you.