



I'm not feeling well. How do I know if I have COVID? What should I do?



COVID is spreading so fast that we have changed how we identify and respond to it.

Assume that you have COVID if you have:

ANY ONE of the following:

- ✓ Fever > 37.7° C and/or chills
- ✓ A cough that's new or worse than usual
- ✓ Trouble breathing
- ✓ Trouble tasting or smelling

OR

ANY TWO of the following:

- ✓ Runny or stuffed-up nose
- ✓ Headache
- ✓ Extreme fatigue
- ✓ Sore throat
- ✓ Muscle aches/joint pain
- ✓ Vomiting or diarrhea

Most people do not need a test.

For more information on testing, visit rebrand.ly/COVID-PCR-test.

If you have the above symptoms, self-isolate and have all members of your household self-isolate.

12 years and older
and have **0 or 1**
vaccine dose

OR

Very weak
immune system

SELF-ISOLATE FOR
10 DAYS

12 years and older
and have **two or**
more vaccine doses

OR

11 years or younger

SELF-ISOLATE FOR
5 DAYS

You count down the days of your required self-isolation from the date of your first COVID symptoms (day 0) or, if no signs of COVID, from the day you tested positive. **Before ending self-isolation, your symptoms must be getting better for 24 hours (48 hours if you have vomiting or diarrhea).**



Severe disease from COVID is uncommon in people who are generally healthy and have had two or more doses of a vaccine.

Most people will just need to rest, drink plenty of fluids and take Tylenol for headaches or muscle aches. They will feel better in a few days.



COVID can be more severe for people who are over age 60, have not been vaccinated or have health problems like diabetes, lung disease, heart disease, kidney problems or weak immune systems.

If you have COVID and you are older or have health problems, talk to your family doctor about possible treatments. Do not go to the emergency department unless you feel you have an emergency.

For more information, visit rebrand.ly/When-To-Call.



Make sure you notify anyone you have had close contact* with. They must either self-isolate or watch for symptoms.

* A close contact is anyone you saw within a **2 metre distance for a total of 15 minutes or more throughout the day without wearing a mask.** You can spread COVID from 48 hours before and sometimes up to 10 days after you experience symptoms or test positive. **All members of your household are close contacts** and must self-isolate while you do. Please also notify your workplace and school.

For more information, visit rebrand.ly/COVID-Close-Contact.

For more detailed information on what to do if you have symptoms, please visit: <https://covid-19.ontario.ca/self-assessment/>.

For more information on self-isolation, please visit: <https://bit.ly/3q4Eyxb>.