



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 symptoms but they do not meet the definition of COVID, self-isolate until your symptoms are getting better for 24 hours (48 hours if you have vomiting or diarrhea).

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

How long do you self-isolate for?

12 years and older and have **two or more vaccine doses** **OR** 11 years or younger

**SELF-ISOLATE FOR
5 DAYS**

12 years and older and have **0 or 1 vaccine dose** **OR** Weak immune system*

**SELF-ISOLATE FOR
10 DAYS**

Very weak immune system**

**SELF-ISOLATE FOR
20 DAYS**

* *Examples of individuals with weak immune systems include people undergoing dialysis, organ transplant recipients not on immunosuppressant medications, and people taking high dose steroids.*

** *Examples of individuals with VERY weak immune systems include people undergoing cancer treatment, those with advanced HIV and people taking high-dose steroids or monoclonal antibodies. Please speak to your physician if you have questions or are unsure if your immune system is considered "very weak".*

Your isolation period starts from the first day you noticed symptoms or, if showing no symptoms, from the day you took a test that confirmed COVID. That is day 0. You may stop isolating after day 5, 10 or 20 *if* you have not had a fever for at least 24 hours AND if you have been getting better for at least 24 hours (48 hours if you had vomiting or diarrhea).

What about the people I live with?

People you live with should isolate while you are isolating. If they are feeling well, they can stop isolating at the same time as you.

If possible, stay apart from people you live with to lower the chance of spreading COVID. This is especially important if someone you live with has a very weak immune system OR is over 12 years old and has not had at least two doses of a COVID vaccine.

If you have COVID and someone you live with starts to feel sick, they must restart their isolation. Their isolation will last for 5, 10, or 20 days, depending on their age, health and vaccination status. You do not need to go back into isolation if someone you live with gets COVID. To return to school or work, make sure you follow the guidelines in place there.



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 it is 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 *who was less than 2 meters away from you for at least 15 minutes in total while you could spread COVID (unless everyone was wearing a mask)*. Most people can spread COVID from 48 hours before they started to feel sick (or had a positive test) and up to 10 days after. **All members of your household are close contacts and must self-isolate while you do.** Please report your status to your workplace and school.

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



Most people can spread COVID for up to 10 days. **Continue to be very careful for 10 days after you started to feel sick (or had a positive test).** Do not visit anyone with a weak immune system. Do not visit settings like hospitals or long-term care homes where there are vulnerable people. After your isolation period ends, please continue to follow all public health advice and wear a well-fitted mask, physically distance and wash your hands often.

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>.