



I'm not feeling well. Do I have COVID? How long should I isolate for?



We have changed how we identify and respond to COVID.

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 PCR testing, visit rebrand.ly/COVID-PCR-test.

For more information on Rapid Antigen Testing, visit rebrand.ly/Using-RATs.



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 for 5 or 10 days. Be careful and wear a mask indoors for 10 days (20 if you have a weakened immune system. See details on pages 2 and 3.

People you live with may also need to self-isolate. To learn more about what close contacts should do, visit rebrand.ly/COVID-Close-Contact.

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** Weakened immune system* **OR** Live in a highest-risk setting**

**SELF-ISOLATE FOR
10 DAYS**

Your isolation period starts the first day you noticed symptoms. If you did not feel unwell, your isolation period starts the day you had a positive COVID test. That is day 0. You may stop isolating after day 5 or day 10 *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). There are different isolation rules for people who need to be cared for in hospital.

* *Examples of individuals with weakened immune systems include people undergoing dialysis, being treated for cancer, organ transplant recipients, stem cell transplant recipients, those with genetic disorders that affect the immune system, those with advanced or untreated HIV, those receiving active treatment with high dose steroids, and people taking other medications that affect the immune system.*

** *Highest-risk settings include: hospitals and congregate living settings like long-term care, retirement homes, shelters.*

What about the people you live with?



Some people you live with may need to isolate while you are isolating. Others need to watch for symptoms for 10 days from the last time they were around you while you could spread COVID. To learn more about what close contacts should do, visit rebrand.ly/COVID-Close-Contact.

If anyone you live with starts to feel sick (or has a positive COVID test), they must self-isolate for 5 or 10 days from when they started to feel sick (or tested positive). You do not need to extend your self-isolation if someone you live with gets COVID.



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 have weakened immune systems, are older, have not been vaccinated or have health problems like obesity, diabetes, lung disease, heart disease, kidney or liver problems, sickle cell disease, cerebral palsy or intellectual disability.

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 watch for symptoms for 10 days.

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. 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).** If you have a weakened immune system, continue to be very careful for 20 days after you started to feel sick (or had a positive test).

After your self-isolation ends, **wear a well-fitted mask in indoor spaces for 10 days** (or 20 days if you have a weakened immune system). Avoid places where you can't keep a mask on at all times (e.g. restaurants). Do not visit settings like hospitals or long-term care homes where there are vulnerable people. Keep physically distanced from others, 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>.