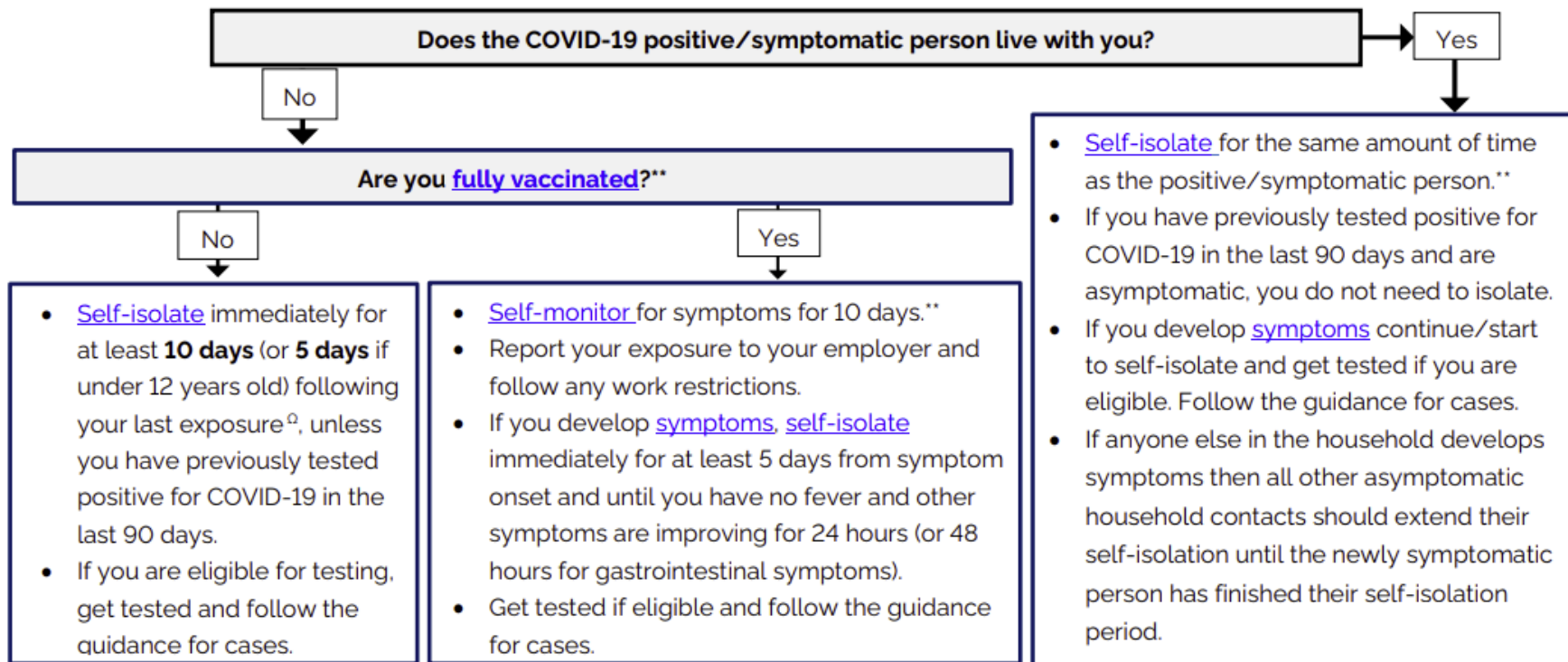


You've been identified as a close contact of someone who has tested positive for COVID-19 or someone with COVID-19 symptoms. Now what?

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting (hospitals, Long-Term Care, retirement homes, congregate living settings)



Wear a well-fitted mask in public, physical distance and maintain other public health measures for 10 days following your last exposure if leaving home. You should **NOT visit any highest risk settings or individuals who may be at higher risk of illness (i.e. seniors or immunocompromised) for 10 days from your last exposure. Immunocompromised individuals may still be susceptible regardless of vaccination and should self-isolate for 10 days after last exposure to a case/symptomatic person.

[□] If you develop [symptoms](#), [self-isolate](#) for at least 10 days (or 5 days if under 12 years old) from symptom onset and until you have no fever and other symptoms are improving for 24 hours (or 48 hours for gastrointestinal symptoms).

You have symptoms and are concerned you may have COVID-19. Now what?

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting*

Do you have any of these **symptoms**: Fever/chills, cough, shortness of breath, decrease/loss of smell and taste?

No

Yes

Do you have two or more of these **symptoms**?:

- Sore throat
- Extreme fatigue
- Muscle aches/joint pain
- Headache
- Runny nose/nasal congestion
- GI Symptoms (i.e. vomiting or diarrhea)

No

Yes

- It is less likely that you have COVID-19 infection.
- Self-isolate until your symptoms are improving for at least 24 hours (48 hours for gastrointestinal symptoms).
- Your household members do not need to self-isolate.

- It is highly likely that you have a COVID-19 infection. You must **self-isolate** immediately:
 - For at least **5 days** (if fully vaccinated or under 12 years old) or **10 days** (if not fully vaccinated or immunocompromised) from your symptom onset and until you have no fever and your symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms), whichever is longer in duration
- All of your household members (unless they have previously tested positive for COVID-19 in the past 90 days) must self-isolate while you are self-isolating.
- Most individuals do not need a COVID-19 test. If you are in the eligible individual list, get a PCR test, rapid molecular test or rapid antigen tests (if you have access). If testing is not available, you must fulfill the self-isolation.
- If your symptoms worsen, seek advice from Telehealth or your health care provider.
- Notify your workplace.

*Highest risk settings include hospitals (including complex continuing care facilities and paramedic services) and congregate living settings, including Long-Term Care, retirement homes, First Nation elder care lodges, group homes, shelters, hospices and correctional institutions.

Note: Symptoms should not be related to any other known causes or conditions. See the [COVID-19 Reference Document for Symptoms](#) for more information