

# Symptoms or exposure to COVID-19?

Only workers (and their household members) and residents in high-risk settings (Long-Term Care Homes, retirement homes, congregate living, and hospitals), patient-facing health care workers, and certain vulnerable groups ([www.ontario.ca/exposed](http://www.ontario.ca/exposed)), can book PCR tests. Public health will only follow-up with cases from these high-risk settings. **Everyone else, follow these steps:**

## 1+ Major symptoms or 2+ Minor symptoms? Assume COVID-19.

**MAJOR:** Fever/chills, cough, shortness of breath, decrease/loss of taste or smell

**MINOR:** Runny/stuffy nose, headache, fatigue, sore throat, muscle/joint pain, vomiting or diarrhea

## Confirmed COVID-19 OR Assumed COVID-19?

- Fully vaccinated individuals with symptoms, and children under 12, must isolate for **5 days** after the first symptom.
- People 12+ who are not fully vaccinated, people who are immunocompromised, and those who live in a highest risk setting must isolate for **10 days** after the first symptom.
- Day 1 of self-isolation is the first full day after your symptoms developed or your test was done.
- Fully vaccinated means you are at least 2 weeks past your second dose of a COVID-19 vaccine.
- Isolation ends **ONLY** if symptoms are gone or improving for at least 24 hours (48 hours for vomiting or diarrhea) and you are fever free.

When in self-isolation, leave only for medical attention. If you are very sick, or your symptoms are getting worse, call your family health care provider. If it is hard to breathe, call 911 or go to your local emergency room.

## Inform your contacts.

A close contact is someone you were within 2 metres or less, for 15 minutes or more, in the 48 hours before your symptoms started without wearing PPE. Tell your close contacts you think you have COVID-19. Send this document to them.

## Are you a household contact?

The following household members do not need to self-isolate but should follow precautions for 10 days:

- Household members that have previously tested positive for COVID-19 in the past 90 days
- Household members that are 18 + and have received their booster dose
- Household members that are under 18 years old and are fully vaccinated
- Household members that do not meet the above criteria must self-isolate as per current requirements

## Are you a non-household contact?

No isolation required. For 10 days after exposure, please:

- Self-monitor for symptoms
- Wear a mask and avoid activities where mask removal would be necessary
- Not visit anyone who is at higher risk of illness (i.e. seniors)
- Not visit or attend work in highest risk settings (unless you have previously tested positive in past 90 days)