



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



If you are feeling sick, stay home. Staying home will prevent the spread of all viruses, including COVID. Assume that you have COVID if you have a positive COVID test OR if you have COVID symptoms.

Symptoms of COVID include:

ANY ONE of the following:

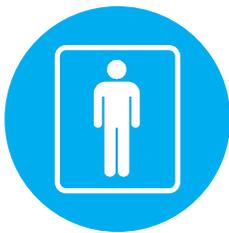
- ✓ Fever and/or chills
- ✓ A cough that's new or worse than usual
- ✓ Shortness of breath
- ✓ A change in your sense of taste or smell

OR

ANY TWO of the following:

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

Other symptoms that could go along with COVID-19 include: abdominal pain; pink eye and; (for children) loss of appetite.



If you have COVID symptoms, self-isolate. Once your isolation ends, take special precautions for 10 days. You can spread COVID for up to 10 days after you started to feel sick (or had a positive test). See page 2 for instructions.

If your symptoms don't meet the definition of COVID (above), self-isolate until your symptoms have been getting better for at least 24 hours (48 hours if you have vomiting or diarrhea).

Do I need a COVID test?

Find information about COVID tests here: rebrand.ly/covid-test-new

Most people do not qualify for PCR tests in Ontario.

Rapid Antigen Tests (RATs) can be used to detect a COVID infection.

People who are being considered for COVID treatment need a positive COVID test. This can be a PCR or a RAT. For more information about COVID treatments, see rebrand.ly/COVID-medications

If you have COVID symptoms or a positive test, follow the isolation and special precautions instructions below.



How long do I need to isolate for?



If you have COVID symptoms, self-isolate right away.

If you:

Need to be
cared for in
hospital

OR

weakened
immune
system*

OR

Live in a
highest-risk
setting**

**SELF-ISOLATE FOR
10 DAYS**

Need to be cared for in the
intensive care unit (ICU)

**SELF-ISOLATE FOR
20 DAYS**

All others: Self-isolate until any fever is gone and your symptoms have been getting better for at least 24 hours (48 hours if you had vomiting or diarrhea).

* This includes people with health conditions and people taking medications that affect the immune system.

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

What extra precautions do I need to take?

If you have a positive COVID test or COVID symptoms, **take extra precautions for 10 days.** You can spread COVID for up to 10 days after you started to feel sick, or had a positive test.

For 10 days from when your symptoms started (or you had a positive test):



- ✓ Wear a well-fitting, high-quality mask in indoor public settings; AND
- ✓ Avoid non-essential settings where you can't keep a mask on at all times e.g. restaurants; AND
- ✓ Avoid non-essential activities that you would need to take a mask off to do e.g. contact sports, playing wind instruments.



- ✓ Avoid non-essential visits to highest-risk settings**; AND
- ✓ Avoid non-essential visits to people who are at higher risk of serious illness e.g. older people, people with a weakened immune system (includes people with health conditions and people taking medications that affect the immune system).

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

Is there medication I can take?



Most people who don't have other health concerns and who are up-to-date with COVID-19 vaccines have a mild initial illness with COVID-19. Most people feel better after a few days. Rest, drink lots of fluids and take acetaminophen (Tylenol) for fever or pain.



COVID can cause a more severe initial illness for some people. This includes people who have a weakened immune system, older people, people who are not up-to-date with COVID vaccines, and people who have other health problems.

If you have COVID-19 and you are older or have other health problems, talk to your family doctor about possible treatments. Use the emergency department if you feel it is an emergency, for instance, if you are having chest pain or breathing problems. For more information, visit rebrand.ly/COVID-medications.

I got Paxlovid for COVID and am feeling sick again after finishing it. What should I do?



Some people who are treated with Paxlovid for COVID start to have symptoms again 2-to-8 days after finishing the medication. If this happens to you, you should isolate again. Follow the same instructions for isolation that you followed when your symptoms began the first time. Take extra precautions for 10 more days.

Who are my close contacts?

A “close contact” is:

- » Anyone who lives with you AND
- » Anyone who was less than 2 metres away from you for 15 minutes or longer while you could spread COVID-19 (*unless everyone was wearing a mask*). You can spread COVID for 2 days before symptoms began (or before a positive test). You can spread COVID for up to 10 days after symptoms began (or after a positive test).



Notify anyone that you have been in close contact with. Please also notify your workplace or school.

What should my close contacts do?

Close contacts should watch for symptoms and take extra precautions for 10 days from the last time they were around you while you could spread COVID.

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

To learn more about what to do if you have symptoms, visit: <https://covid-19.ontario.ca/self-assessment/>

For more information about self-isolation, visit: https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en&sc_lang=en&hash=6AC2FC13CD319D468E40692918993AFD

Remember: While COVID continues to be common in Ontario, there are things you can do to protect yourself and others.

- ✓ Get all vaccine doses that are recommended for you.
- ✓ If you feel sick, stay home.
- ✓ Wear a well-fitted mask in indoor public spaces.
- ✓ Gather outdoors whenever possible.
- ✓ Breathe clean air: open windows, keep the furnace fan “on”, and use air filters