

Do I need to self-isolate?

If you have questions, please call THU at 705-647-4305, Ext. 7.

I must...

Members of my household must...



I have tested positive for COVID-19 or I have symptoms of COVID-19

If you are not fully vaccinated and you are aged 12+ or if you are immunocompromised, self-isolate for 10 days.

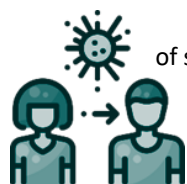
If you are fully vaccinated or if you are under the age of 12, self-isolate for 5 days so long as you have no fever and symptoms have been improving for 24 hours (or 48 hours for nausea, diarrhea, or vomiting). **You must take additional precautions* until day 10.**

Everyone must take additional precautions* for 10 days from your last contact (unmasked & closer than 2 metres) with the ill household member.

You must also self-isolate for the same length of time as the ill household member, except...

If any of the following apply, you do not need to self-isolate, unless you have symptoms:

- You are aged 18+ and have received a booster dose
- You are under age 18 and are fully vaccinated
- You have previously tested positive for COVID-19 and finished self-isolation in the past 90 days.



I am a close contact of someone who has COVID-19, but I do not live with the person who has COVID-19. I do not have symptoms of COVID-19.

You do not need to self-isolate.

You must take additional precautions* for 10 days from your last contact (unmasked & closer than 2 metres) with the ill person.

Self-monitor for symptoms of COVID-19.

If possible, maintain a 2-metre distance from the person who is a close contact and wear a mask if distancing is difficult.



I have travelled internationally in the past 14 days

Self-isolate for 14 days, unless exempt. Visit www.travel.gc.ca for details. Self-monitor for symptoms of COVID-19.

According to federal travel requirements, children aged 5-11 who are unvaccinated and have returned from international travel in the past 14 days must wear a mask in all indoor public settings (including schools), even if exempt from quarantine.

If the person who travelled is required to self-isolate, maintain a 2-metre distance from the person who travelled and wear a mask if distancing is difficult. Stay home except for essential reasons such as work, school, or childcare.

Otherwise, you do not need to self-isolate or take additional precautions unless you or a member of your household has symptoms of COVID-19.

*Keep wearing a well-fitting mask and follow public health measures. Avoid activities where mask removal would be necessary, including dining out and practicing/playing sports where masking cannot be maintained. Do not visit anyone who is at higher risk of illness, such as seniors (note that some disabilities are invisible). Avoid entering highest risk settings.**

**Highest risk settings are hospitals (including paramedic services), home and community care, congregate living, long term care and retirement homes, First Nation elder care lodges, group homes, shelters, hospices, correctional institutions, Provincial Demonstration schools, and hospital schools.) Please contact a specific organization if you have questions about their policy.