

You have symptoms of COVID-19, now what?



NOTE: Omicron is now the most dominant strain of COVID-19 in Ontario. Since this strain is very easy to get and spread to others, all cases in Ontario will be treated as potential Omicron cases.

If you have any of these symptoms:

- Fever/chills
- Cough
- Shortness of breath
- Decrease/loss of smell and taste?

OR

If you have two or more of these symptoms:

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

It is highly likely that you have a COVID-19 infection.

You Must

- **Self-isolate immediately:**
 - **Isolate for at least 5 days from the start of your symptoms and until your symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms) whichever is longer in duration if you are:**
 - 12 years of age or older AND fully vaccinated*.
 - 11 years old or younger, regardless of your vaccination status
 - **Isolate for 10 days from your symptom onset if you are:**
 - 12 years of age or older AND either partially vaccinated or unvaccinated.
 - Immune compromised, regardless of your age.
- **All of your household members (regardless of their vaccination status) must self-isolate while you are self-isolating.**
- **Notify your workplace.**

Most individuals do not need a COVID-19 test. If you are in the eligible individual list, get PCR test, rapid molecular test or rapid antigen tests (if you have access). If testing is not available, you must complete the self-isolation.

If your symptoms worsen, call Telehealth or your health care provider.

If you do not have the symptoms listed above:

- **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.**

If you are in distress (experiencing significant trouble breathing, chest pain, fainting or have significant worsening of any chronic disease symptoms), go to the nearest Emergency Department or call 9-1-1. It is okay to break isolation for medical attention. Be sure to tell them that you are COVID-19 positive so correct precautions can be used to decrease the transmission of the virus.

How to Self-Isolate:

- **Stay home, do not leave your house.**
- **As much as possible, avoid contact with people in your home. Stay in your room and use a separate bathroom if possible.**
- **Do not have visitors.**
- **Wash your hands often with soap and water or alcohol-based hand sanitizer.**
- **Sneeze and cough into your sleeve.**
- **If you cannot maintain a 2-metre distance from others in your home, wear a mask.**
- **“How to Self-Isolate” – instructions are available in multiple languages online, visit: <https://bit.ly/3Jg5IZE>**

SPECIAL RULES FOR HIGH-RISK SETTINGS

High-risk settings include retirement homes, long term care homes, hospitals, etc. A full list of what qualifies as high-risk setting can be found at phu.fyi/covid-support.

- **Individuals who work, attend, volunteer or are admitted in any high-risk settings will be required to isolate for 10 days from the day your first symptom started or from the date of your positive test result.**
- **Workers in these settings will have the opportunity to return to work early on day seven of their isolation, with a negative PCR test, or two negative rapid antigen tests on day six and seven (taken 24 hours apart).**

***In Ontario, an individual is considered FULLY VACCINATED if they have received:**

·A full series (Pfizer/Moderna/AstraZeneca - 2 doses, Johnson & Johnson - 1 dose) of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines,

·One or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada, or

·Three doses of a COVID-19 vaccine not authorized by Health Canada;

AND

·They received their last dose of the COVID-19 vaccine at least 14 days ago. At this time, boosters are not required to be considered fully vaccinated.