

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*

- 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 selfisolate.

- It is highly likely that you have a COVID-19 infection.
- You must <u>self-isolate</u> immediately:
- For at least 5 days from your symptom onset 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
 - o 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.
- 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 fulfill the self-isolation.
- If your symptoms worsen, seek advice from Telehealth or your health care provider.
- Notify your workplace.

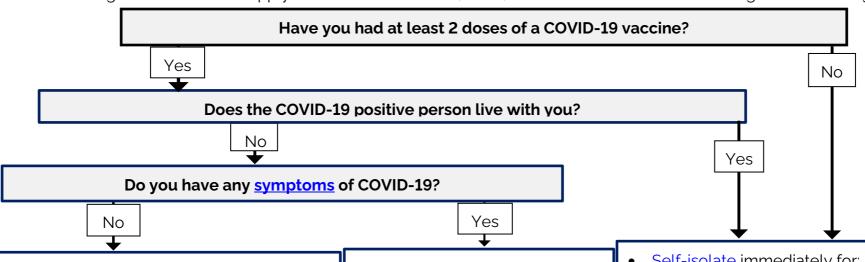
*Highest risk settings/individuals include hospitals, Long-Term Care, retirement homes, congregate living settings, and health care workers providing care to immunocompromised people.

Note: In the context of Omicron, individuals who are previously positive in the last 90 days and not fully vaccinated are **not** considered equivalent to fully vaccinated.



You've been exposed to someone who has tested positive for COVID-19 on PCR, rapid molecular, or rapid antigen test. Now what?

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- Self-monitor for symptoms for 10 days.
- If leaving home, you should maintain masking, physical distancing and all other public health measures. You should **NOT** visit any highest risk settings* or individuals who may be at higher risk of illness (e.g., seniors) for 10 days from your last exposure.
- Report your exposure to your employer and follow any work restrictions.
- If you develop any symptoms, self-isolate immediately, get tested if eligible and follow the guidance for cases.
- Self-isolate immediately for at least 5 days following your symptom onset, and until your symptoms have been improving for at least 24 hours (48 hours if gastrointestinal symptoms), whichever is longer.
- If you are eligible for testing, get tested and follow the guidance for cases.

- Self-isolate immediately for:
 - o **5 days** if you are fully vaccinated or under 12 years of age
 - o **10 days** if you are partially vaccinated or unvaccinated or immune compromised.
- Self-monitor for symptoms for 10 days.
- If you develop symptoms continue to self-isolate and get tested if you are eligible. Follow the guidance for cases.

*Highest risk settings include hospitals, Long-Term Care, retirement homes, health care workers providing care to immunocompromised, congregate living settings

Note: In the context of Omicron, individuals who are previously positive in the last 90 days and not fully vaccinated are **not** considered equivalent to fully vaccinated.