

Symptoms or exposure to COVID-19?

We are in a new stage of the pandemic, and we are doing things differently.

Starting December 31, 2021 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), can book PCR tests. Public health will only follow-up with cases from 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

12+ with symptoms & vaccinated OR under 12 with symptoms? Instructions for you and your household.

Fully vaccinated individuals with symptoms, and children under 12, must isolate for 5 days after the first symptom. Leave only for medical attention.

Vaccinated AND unvaccinated household members must also isolate for 5 days. Household members who develop symptoms should follow the same process. Household members who stay well should continue self-isolation until the last symptomatic/positive person is finished isolation. 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.

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.

12+ with symptoms & not-vaccinated OR immunocompromised? Instructions for you and your household.

If you are not fully vaccinated (2 or more doses) or are immunocompromised, you and anyone you live with must isolate for 10 days after the first major symptom or two minor symptoms. Leave only for medical attention. Isolation can end after 10 days if symptoms are gone or improving for at least 24 hours (48 hours for vomiting or diarrhea) and you are fever free.

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. Tell your close contacts you think you have COVID-19. Send this document to them.

Are you a fully vaccinated close contact?

If you have no symptoms, **do not live** with the positive case and are healthy, you do not need to self-isolate. Please:

- self-monitor for symptoms for 10 days after your last exposure
- wear a mask, physically distance, and follow all public health measures
- do not visit any high-risk settings or people who may be at higher risk of illness (such as seniors) for 10 days after your last exposure

Are you an unvaccinated or immunocompromised close contact?

If you have no symptoms, do not live with the positive case, **but are not fully vaccinated with 2 or more doses OR you are immunocompromised**, you must isolate for 10 days after your last exposure. If you are under age 12, your isolation is reduced to 5 days after your last exposure.