

# Do you think you have COVID-19?

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

Starting December 31, 2021 only workers 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](http://www.ontario.ca/exposed)), can book COVID-19 PCR tests. Public health will only follow-up with cases from high-risk settings. Everyone else follows these steps:

## Feeling unwell? Assume it is COVID-19.

Do you have a fever, sore throat, cough, runny nose, bad headache, fatigue (mild or severe), muscle aches, aching joints, or sneezing? Assume you have COVID-19 and follow the next steps.



## Positive + vaccinated? Instructions for cases and their households.

Individuals who are fully vaccinated (2 or more doses), as well as children under 12, must self-isolate at home for 5 days after the first symptom. **Vaccinated AND unvaccinated household members must also self-isolate for 5 days.** Leave only for medical attention. Isolation can end after 5 days if symptoms are done or improving for at least 24 hours.

## Positive + not-vaccinated? Instructions for cases and their households.

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 symptom. Leave only for medical attention.

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.

## 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 vaccinated (2 or more doses) 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, physical 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 close contact?

If you do not live with the positive case, **but are not fully vaccinated with 2 or more doses OR are immunocompromised**, you must isolate for 10 days after your last exposure, even if you don't have any symptoms.