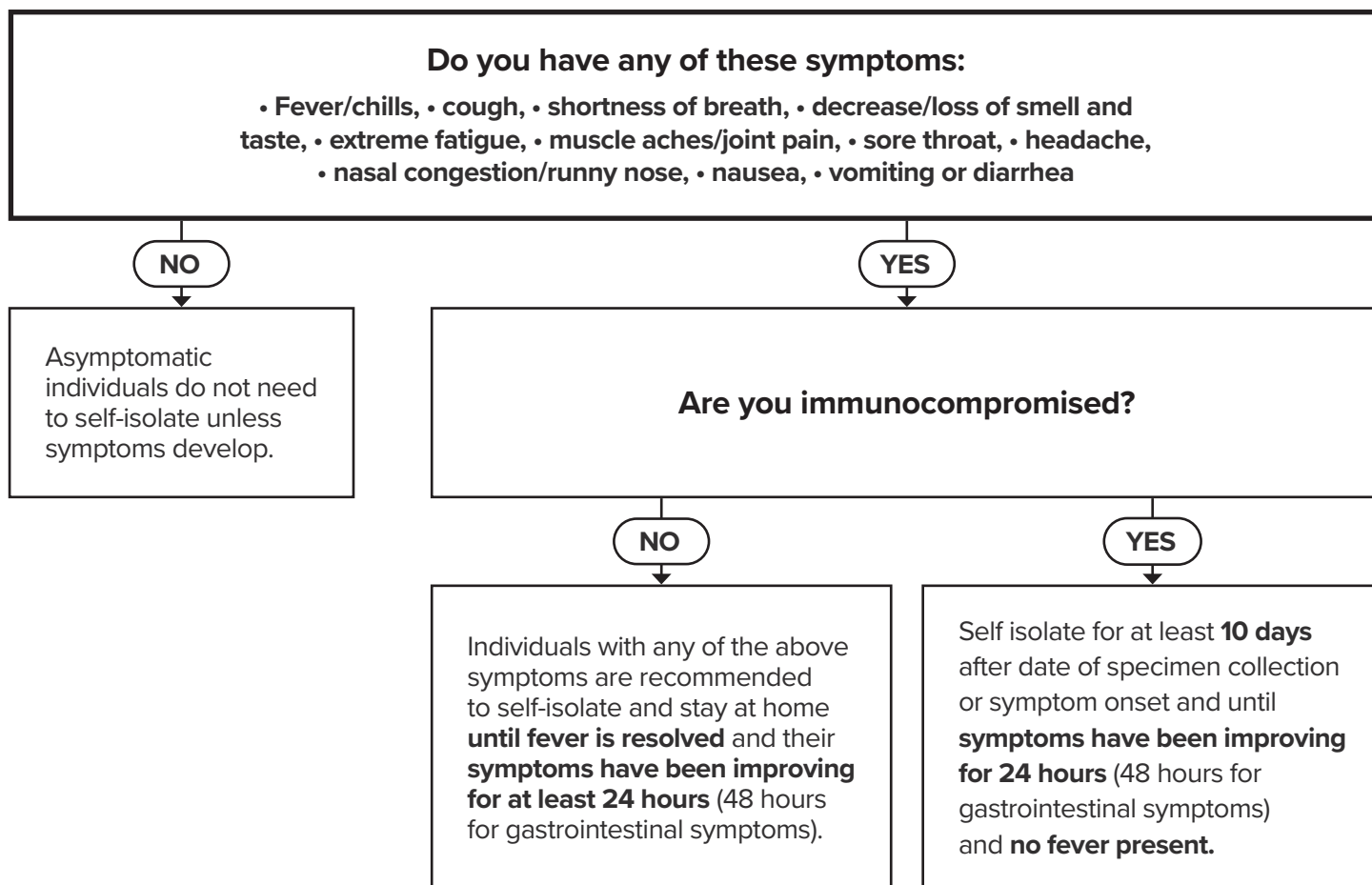


Instructions for Individuals tested for COVID-19 and/or with Symptoms of COVID-19

Revised
September 2, 2022

If your symptoms worsen, seek advice from your health care provider, a clinical assessment centre or Health Connect Ontario

Follow the instructions below if you have symptoms or test positive for COVID-19



For a total of 10 days after the date of specimen collection or symptom onset (whichever is earlier/applicable), individuals should:

- Continue to wear a well-fitted mask in all public settings (including schools and childcare, unless under 2 years old) and avoid non-essential activities where mask removal is necessary (e.g., dining out, playing a wind instrument, high contact sports where masks cannot be safely worn)
- Not visit anyone who is immunocompromised or at higher risk of illness (e.g., seniors)
- Avoid non-essential visits to highest risk settings such as hospitals and long-term care homes