

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

Do you have any of these symptoms:

• Fever/chills, • cough, • shortness of breath, • decrease/loss of smell and taste, • extreme fatigue, • muscle aches/joint pain, • sore throat, • headache, • nasal congestion/runny nose, • nausea, • vomiting or diarrhea



Asymptomatic individuals do not need to self-isolate unless symptoms develop.

Are you immunocompromised?

YES



Individuals with any of the above symptoms are recommended to self-isolate and stay at home until fever is resolved and their symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms).

Self isolate for at least **10 days** after date of specimen collection or symptom onset and until **symptoms have been improving for 24 hours** (48 hours for gastrointestinal symptoms) and **no fever present.**

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

