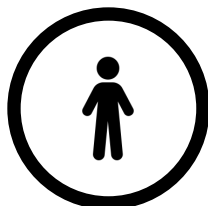




Self-Isolating at Home



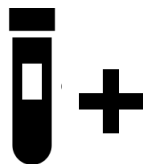
Were you exposed to someone with a positive COVID-19 test AND told by Public Health to isolate?



You must self-isolate for 14 days from when you were last exposed.

If you develop symptoms and receive a positive test, your self-isolation period is 14 days from when you were last exposed.

If your symptoms last longer than the 14 days since last exposure, you must remain self-isolated for at least 10 days after symptoms develop.



Do you have a positive COVID-19 test result?



You must self-isolate for 10 days from the start of symptoms. If you do not have any symptoms, you must self-isolate for 14 days.

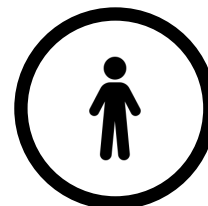
At the end of the 10 days:

- any fever must be gone (without the use of medications such as Tylenol, Advil or Aspirin), and
- you must be feeling better.

If not, you must continue to self-isolate.



Have you returned from outside of Canada?



You must self-isolate for at least 14 days from when you returned to Canada.

If you develop symptoms and receive a positive test, your self-isolation period is 14 days from when you were last exposed.

If your symptoms last longer than the 14 days since you returned to Canada, you must remain self-isolated for at least 10 days after symptoms develop.



Learn more about isolating at home at cutt.ly/self-isolate.

If the isolating individual is a child, if possible, only one care provider should look after them and should minimize contact with the rest of the household. Learn more at cutt.ly/care-giver.