

COVID-19 FACT SHEET: SYMPTOMS, TESTING & ISOLATION REQUIREMENTS

Last revised: March 14, 2022

SYMPTOMS and TESTING:

If you have any **symptoms of COVID-19** you should assume that you may have the virus and are contagious. Symptoms include: fever or chills, cough, shortness of breath, decreased or loss of taste or smell, or **two or more** of the following:

- Runny nose or nasal congestion
- Headache
- Extreme fatigue
- Sore throat
- Muscle aches or joint pain
- Gastrointestinal symptoms such as vomiting or diarrhea

If you feel sick but your symptoms are not in the list above, stay home until you feel better for at least 24 hours (or 48 hours if the symptoms affect the digestive system). Your household members do not need to stay home as long as they have no symptoms.

PCR TESTS

PCR tests are only available for the most vulnerable people in the highest risk settings, and their family members in some cases.

Visit [Ontario.ca/exposed](https://ontario.ca/exposed) to see if you are eligible.

RAPID ANTIGEN TESTS

- If you took a rapid antigen test and got a positive result, see the next section for instructions on what to do next. You do NOT need a PCR test to confirm the result and you do NOT need to report this result to the health unit.
- If you have symptoms and you tested negative on a rapid antigen test, take a second test 24-48 hours later if available. If your second test is negative, you can discontinue isolation when symptoms have been improving for at least 24 hours (or 48 hours after nausea, vomiting and/or diarrhea).
- A negative result **does not replace** other public health measures. Continue to wear a medical or 3-layer well-fitted mask, get vaccinated and stay home when ill.

WHAT TO DO IF YOU HAVE SYMPTOMS OR TESTED POSITIVE FOR COVID-19:

ISOLATE	For at least five days if you are fully vaccinated or are under 12 years of age	For at least 10 days if you are over the age of 12 and not fully vaccinated, are immunocompromised, or live in a highest risk setting.
<p>If you reach the end of your isolation period and have a fever and/or other symptoms, you must continue to isolate until your symptoms have improved for at least 24 hours (or 48 hours if the symptoms affect the digestive system) and you have no fever.</p> <p>Please note: Anyone involved in sports who has completed a 5-day isolation period, who cannot maintain physical distancing requirements or masking requirements if within 2 metres of others, should not return to practice or play for an additional 5 days from the end of your isolation period (10 days from symptom onset or from the date of your test, whichever came first). This is because an infected person may be contagious up to 10 days after symptom onset/date of test.</p>		
NOTIFY	Notify your close contacts that they have been exposed and tell them to follow the instructions on this fact sheet or at ontario.ca/exposed . A close contact is anyone you were less than two metres away from for at least 15 minutes (or multiple shorter lengths of time) in the 48 hours before your symptoms began.	

IF YOU LIVE WITH SOMEONE WHO HAS SYMPTOMS OR HAS COVID-19:

<ul style="list-style-type: none"> • And you have previously tested positive in the last 90 (Rapid Antigen test or PCR) days and do not have symptoms, or • you are over 18 years old and have received a COVID-19 booster dose, or • you are under 18 years old and are fully vaccinated 	<p>Self monitor for symptoms 10 days after your exposure</p> <p>If leaving home, wear a mask and practice physical distancing and all other public health measures.</p> <p>Do not visit any high-risk settings or people for 10 days after your last exposure. This does not apply if you have tested positive for COVID-19 in the last 90 days and currently have no symptoms.</p>
<p>If you do not meet any of the criteria above, you must isolate while the person with symptoms/positive test result isolates (or for 10 days if you are immunocompromised).</p>	

IF YOU HAVE BEEN EXPOSED TO SOMEONE WHO HAS SYMPTOMS YOU DON'T LIVE WITH:

<p>You are required to:</p> <ul style="list-style-type: none"> • Self-monitor for symptoms for 10 days after your last exposure. • Wear a mask, avoid activities where mask removal is necessary (such as dining out, high contact sports) and follow all other public health measures if leaving home. • Do not visit any highest-risk settings (such as long-term care or retirement homes) or people who may be at higher risk of illness (such as seniors) for 10 days after your last exposure. <p>If you live, work, attend, volunteer, or have been admitted in one of the highest-risk settings:</p> <p>You are required to tell them you've been exposed and avoid going there for 10 days from your last exposure unless you have tested positive for COVID-19 in the last 90 days and have no symptoms.</p>
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