

Ζ.	waiting for test results after experiencing symptoms?	Yes
	<ul> <li>If you are fully vaccinated* or have tested positive for COVID-19 in the last 90 days and been cleared, select "No".</li> </ul>	Νο
3.	Have you been notified as a close contact of someone with COVID-19 or been told to stay home and self-isolate?	Yes No
	<ul> <li>If you are fully vaccinated* or have tested positive for COVID-19 in the last 90 days and been cleared or public health has told you that you do not have to self-isolate, select "No".</li> </ul>	
4.	<ul> <li>In the last 10 days, have you tested positive on a rapid antigen test or a home-based self-testing kit?</li> <li>If you have since tested negative on a lab-based PCR test, select "No."</li> </ul>	Yes No
5.	In the last 14 days, have you travelled outside of Canada AND been advised to quarantine per the <u>federal quarantine requirements</u> ?	Yes No
	If "YES" to questions 2,3,4 or 5: Stay home & self-isolate	
	* Fully vaccinated means 14 days or more after getting a second dose of a two dose COVID-19 vaccine series or one dose of a single dose series.	

\*\*Anyone who is sick or has any symptoms of illness should stay home and seek assessment from their health care provider if needed.

TORONTO.CA/COVID19

**TORONTO** Public Health

# I HAVE SYMPTOMS OF COVID-19, WHAT SHOULD I DO?



Notify the child care/school/work that you have symptoms.

#### WHAT WAS THE RESULT OF YOUR COVID-19 TEST?

#### POSITIVE

- Let the child care/school/ work know that you tested positive.
- You must stay home & self-isolate for 10 days from the day your symptoms started.You can return on day 11 even if someone else at home develops symptoms.
- Household members and close contacts who are not fully vaccinated\* or have not tested positive for COVID-19 in the last 90 days and been cleared must self isolate for at least 10 days.
- Toronto Public Health or your local heath unit will contact you to do an investigation & will provide further instructions.

#### NEGATIVE

## Are you a close contact of someone who tested positive for COVID-19 in the last 10 days?

- No You may return 24 hours after your symptoms have started improving.
- Yes If you are not fully vaccinated\*: you need to self-isolate for 10 days from last exposure to the person who was positive.
- Yes If you are fully vaccinated\*: you may return 24 hours after your symptoms have started improving.
- Yes If you have tested positive for COVID-19 in the last 90 days and been cleared: you may return 24 hours after your symptoms have started improving.
- Yes If you only received an exposure notification through the COVID Alert app: you may return 24 hours after your symptoms have started improving.
  - Adults and children in the home who attend a child care/school setting can return right away as long as there are no other household members with symptoms.

- NOT TESTED
- You must stay home & selfisolate for 10 days from the day your symptoms started. On day 11, you can return if your symptoms have been improving.
- Everyone in the household who is not fully vaccinated\* or has not tested positive for COVID-19 in the last 90 days and been cleared, must self-isolate until the person with symptoms gets a negative COVID-19 test or 10 days have passed.
- If a health care provider has diagnosed a condition that isn't related to COVID-19, you can return 24 hours after your symptoms improve.

### I have travelled outside of Canada in the last 14 days, what should I do?

- You must follow federal guidelines for quarantine and testing after returning from international travel.
- If you are exempted from federal quarantine as per Group Exemptions, Quarantine Requirements under the Quarantine Act, you do not need to isolate.
- Follow federal requirements for travellers

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