

# You have symptoms and are concerned you may have COVID-19. Now what?

Do you have any of these symptoms: Fever/chills, cough, shortness of breath, decrease/loss of smell and taste?

No

Yes

Do you have two or more of these symptoms?:

- Sore throat
- Headache
- Extreme fatigue
- Runny nose/nasal congestion
- Muscle aches/joint pain
- GI Symptoms (i.e. vomiting or diarrhea)

No

Yes

- It is less likely that you have COVID-19 infection.
- Self-isolate until your symptoms are improving for at least 24 hours (48 hours for gastrointestinal symptoms).
- Your household members do not need to self-isolate.

- It is highly likely that you have a COVID-19 infection. You must [self-isolate](#) immediately:
  - For at least **5 days**\*\* (if fully vaccinated or under 12 years old) or **10 days** (if **not** fully vaccinated or if immunocompromised) after your symptom onset and until you have no fever and your symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms), whichever is longer in duration
- If available, perform a rapid antigen test. If you are eligible, get a PCR or rapid molecular test.
- Your household members that meet the below criteria **do not** need to isolate:
  - Have previously tested positive for COVID-19 in the past 90 days,
  - Are 18+ and have had a first booster dose
  - Are under 18 years old and are fully vaccinated
- Your household members that **do not** meet the above criteria must [self-isolate](#) while you are isolating.
- If your symptoms worsen, seek advice from Telehealth or your health care provider.
- Notify your workplace.

**Note:** Symptoms should not be related to any other known causes or conditions.

\*\*For 10 days after symptom onset (or 20 days for immunocompromised individuals): maintain masking in public setting (including schools and childcare, unless under 2 years of age), do not visit or work in any highest risk setting, do not visit vulnerable individuals (e.g. immunocompromised individuals or seniors).