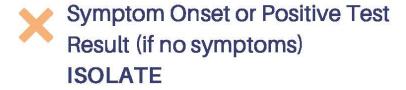
## **COVID-19 Self Isolation Guide**



If you have symptoms or tested positive for COVID-19, and are fully immunized and/or under the age of 12, you must self-isolate for five days. The calendar below is an example to help you understand when you can leave self-isolation.





✓ Leave isolation

Before leaving isolation, you must be fever-free (without the use of medication) and symptoms must be improving for 24 hours (48 hours for nausea, vomiting and/or diarrhea).

For 10 days after symptom onset (or 20 days for immunocompromised individuals): wear a face covering in all public settings. Do not visit or work in any highest risk setting, and do not visit vulnerable individuals.

М	Т	W	Т	F	S	S
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

All of your household members must self-isolate while you are self-isolating, unless they are symptom-free AND:

- Previously tested positive for COVID-19 in the past 90 days (based on positive rapid antigen test or molecular test results), or
- 18+ and boosted, or
- Under 18 and fully vaccinated

For 10 days after exposure, all household members should:

- Self-monitor for symptoms
- · Wear a mask and avoid activities where mask removal would be necessary
- Not visit anyone who is at higher risk of illness (such as seniors), or any highest risk settings (unless you previously tested positive in past 90 days)

## **COVID-19 Self Isolation Guide**



If you have symptoms or tested positive for COVID-19, and are *not* fully immunized and aged 12 years and older or immunocompromised, you must self-isolate for 10 days. The calendar below is an example to help you understand when you can leave self-isolation.







Before leaving isolation, you must be fever-free (without the use of medication) and symptoms must be improving for 24 hours (48 hours for nausea, vomiting and/or diarrhea).

M	T	W	T	F	S	S
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## All of your household members must self-isolate while you are self-isolating, unless they are symptom-free AND:

- Previously tested positive for COVID-19 in the past 90 days (based on positive rapid antigen test or molecular test results), or
- 18+ and boosted, or
- Under 18 and fully vaccinated.

## For 10 days after exposure, all household members should:

- Self-monitor for symptoms
- · Wear a mask and avoid activities where mask removal would be necessary,
- Not visit anyone who is at higher risk of illness (such as seniors) or any highest risk settings (unless you previously tested positive in past 90 days)