

# 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.


 Symptom Onset or Positive Test Result (if no symptoms)  
**ISOLATE**

 **ISOLATE**

 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.

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)

# 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.

-  Symptom Onset or Positive Test Result (if no symptoms)  
**ISOLATE**
-  **ISOLATE**
-  Leave isolation

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				

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).

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)