1. A) Do you or anyone in your household have 1 or more of these new or worsening symptoms today or in the last 5 or 10 days*?

- Fever > 37.8°C and/or chills
- Cough
- Feeling very tired
- Runny nose/nasal congestion
- Muscle aches/joint pain
- Decrease or loss of taste/smell
- Sore throat
- Headache
- Difficulty breathing
- Nausea, vomiting or diarrhea

B) Do you or anyone in your household have 2 or more of these new or worsening symptoms today or in the last 5 or 10 days*?

- If the symptom is from a known health condition that gives you/them the symptom, select “No”. If the symptom is new, different or getting worse, select “Yes”.
- If there is mild tiredness, sore muscles or joints within 48 hours after a COVID-19 vaccine, select “No”. If longer than 48 hours, select “Yes”.
- Anyone who is sick or has any symptoms of illness, should stay home and seek assessment from their health care provider if needed.

** If “YES”: Stay home & self-isolate. ** Your household including children, must self-isolate, regardless of vaccination status.

2. Have you or anyone in your household tested positive for COVID-19 today or in the last 5 or 10 days* (on a rapid antigen test or PCR test) or have been told to stay home and self-isolate?

3. In the last 10 days have you been notified as a close contact of someone with COVID-19, or received a COVID Alert notification?

- If the person does not live with you AND you are fully vaccinated** or public health has told you that you do not need to self-isolate, select “No”

** If “YES”: Stay home & self-isolate.

4. In the last 14 days, have you travelled outside of Canada?

** If “YES”: Follow federal quarantine travel rules.

This tool is consistent with provincial guidance: Coronavirus (COVID-19) self-assessment (ontario.ca) and COVID-19 Integrated Testing & Case, Contact and Outbreak Management Interim Guidance: Omicron Surg (gov.on.ca)

*If you/be the person is fully vaccinated or 11 years or younger use 5 days. If you/the person is 12 years or older AND not fully vaccinated or immune compromised, use 10 days.
** Fully vaccinated means 14 days or more after a second dose of a COVID-19 vaccine series, or as defined by the Ontario Ministry of Health.