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
- Difficulty breathing
- Decrease or loss of taste/smell
- Sore throat
- Headache
- Feeling very tired
- Runny nose/nasal congestion
- Muscle aches/joint pain
- 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”.
- 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 must self-isolate*

If you have one symptom from Part B stay home until symptoms improve for at least 24 hours or 48 hours if nausea/vomiting/diarrhea.

2. Have you or anyone in the household had a positive COVID-19 test in the last 5 or 10 days*, or been told to stay home and self-isolate?  

- If you had a positive test or live with someone who is isolating or awaiting test results select “Yes”

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

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

**If “YES”: Follow federal quarantine travel rules including required measures for quarantine exempt travellers.**

This tool is consistent with provincial guidance: [Coronavirus (COVID-19) self-assessment (ontario.ca)](https://www.ontario.ca/page/coronavirus-covid-19-self-assessment)

* You or household members do not need to self-isolate if no symptoms and not had a positive test and either: had a confirmed COVID-19 infection within 90 days***; OR are 18+ and boosted****; OR are 17 years or younger and fully vaccinated**.

**Use 5 days: If the person is fully vaccinated or 11 years or younger. Use 10 days: If they are 12 years or older and not fully vaccinated; or immune compromised; or at a high risk congregate setting**

***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.

****Confirmed COVID-19 infection within 90 days means: if tested positive within 90 days on a Rapid Antigen, or a PCR test AND completed self-isolation. Then, do not need to self-isolate if someone in the home has symptoms.

*****Boosted means received a booster dose 3 months or more after a primary vaccine series.