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COVID-19 Case & Contact Management
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RE: COVID-19 Case

You have tested positive for COVID-19 or have been identified as someone who may have COVID-19.

What you need to do and know:

1. Self-isolate
2. Check for symptoms
3. Tell others you have COVID-19
4. Return to work and other activities when your self-isolation ends

1. Self-Isolate

- **You must self-isolate until your isolation end date.**
 - If you have symptoms, you must self-isolate for 10 days from when you started to feel unwell.
 - If you have no symptoms, you must self-isolate for 10 days from your test date.
 - If you were hospitalized requiring intensive care support or are immunocompromised, you will need to isolate for 20 days from symptom onset (or test date, if no symptoms).
- This means that you must stay home, keep away from others, wash your hands often with soap and water, cover your coughs and sneezes, and wear a mask.
- Read the *How to Self-isolate* [fact sheet](#) for more information.
- Self-isolation is legally required under the Health Protection and Promotion Act. If you do not self-isolate, you can be fined. To learn more go [here](#).
- If you cannot isolate at home, you may qualify to stay at the Toronto Voluntary Isolation Centre (TVIC), which is in a Toronto hotel. You can refer yourself to TVIC by calling 416-338-7600 or go [here](#).

2. Check for Symptoms

- While you are self-isolating check for symptoms every day. Review the list of [COVID-19 symptoms](#).
- If your symptoms feel worse than a common cold, call your health care practitioner or Tele-Health Ontario at 1-866-797-0000.
- If your symptoms are severe, such as difficulty breathing or chest pain, call 911.
- Before going for in-person medical care, tell them that you tested positive for COVID-19.

3. Tell Others You Have COVID-19

- Tell your **Household Contacts** they **must self-isolate for 10 days** from when they last had close contact with you, even if they are fully vaccinated, and give them this [Household Contact Letter](#).
- Tell your **Close Contacts outside your household** they may need to isolate. Give them this [Close Contact Letter](#).
- Find out your infectious period:
 - Your infectious period began 48 hours before you started to have symptoms.
 - If you have no symptoms, your infectious period began 48 hours before your test date.
- Who are your non-household close contacts:
 - Close contacts are people who were with you for 15 or more minutes, during your infectious period, with or without a mask.
 - Close contacts are people who had close physical contact with you or who you gave close care to during your infectious period.
- The letter and website will tell them when to get tested and if they need to self-isolate.
- Tell your employer and/or school and follow their COVID-19 policies.
- For more information, visit [COVID-19: What to Do if You Are a Close Contact](#).

4. Return to Work and Other Activities when your Self-Isolation Ends

- You may return to work and other activities on or after your self-isolation end date (11:59 p.m.) if:
 - You do not have a fever (without taking fever-reducing medications), and
 - Your symptoms have been getting better for 24 hours.
- If you still have a fever or symptom(s) that are not getting better in the last 24 - 48 hours, you must continue to self-isolate until your symptoms have improved.
- Toronto Public Health does not recommend re-testing (e.g. clearance testing) or getting a doctor's note to return to work and everyday activities. To learn more visit toronto.ca/HaveCOVID19.

More Information

- COVID-19 Vaccines
 - Toronto Public Health strongly encourages everyone who is eligible to get vaccinated. Learn more [here](#).
 - [Go here](#) to book a COVID-19 vaccination appointment
- If you have any questions, visit www.toronto.ca/COVID19 or call the COVID-19 Hotline at 416-338-7600, Monday-Sunday 8:30 a.m. to 4:30 p.m.
- If you need social supports and community resources, please call/text 211.
- If you need medical assistance, please call Telehealth Ontario 24 hours a day at 1-866-797-0000 or call 911 in an emergency.

Sincerely,

Community Case & Contact Management
Toronto Public Health
toronto.ca/covid