1.) Do you have any of the following new or worsening symptoms or signs?*

- Fever or chills
- Cough
- Trouble breathing
- Sore throat or trouble swallowing
- Runny or stuffy nose
- Decrease or loss of taste or smell
- Nausea, vomiting or diarrhea
- Pink eye
- Headache**
- Very tired, sore muscles or joints**

If “YES” to any symptoms:
- Stay home & self-isolate
- Get tested
- Contact a health care provider

2.) Does anyone in your household have one or more of the above symptoms and/or are waiting for test results after experiencing symptoms?***

- Yes
- No

3.) Have you travelled outside of Canada in the past 14 days?

- Yes
- No

4.) Have you been notified as a close contact of someone with COVID-19 or been told to stay home and self-isolate?

- Yes
- No

If “YES” to Questions 2, 3 or 4:
- Stay home
- Follow Toronto Public Health advice

*Staff/visitors who have an existing health condition identified by a health care provider that gives them the symptoms should not answer YES, unless the symptom is new, different or getting worse. Look for changes from your normal symptoms.

**If the staff/visitor has a mild headache, tiredness, sore muscles or joints within 48 hours after getting a COVID-19 vaccine, they should select “No” and wear a medical mask when at child care/day camp/school. If symptoms last longer than 48 hours or worsen, they are to stay home, self-isolate and get tested.

***If the household member received a COVID-19 vaccination in the last 48 hours and is experiencing mild headache, fatigue, muscle aches and/or joint pain that only began after vaccination, select “No.”
I HAVE 1 OR MORE SYMPTOMS OF COVID-19, WHAT SHOULD I DO?

Were you a close contact of someone who tested positive for COVID-19?

- **YES**
  - Everyone, including household members, should stay home and self-isolate. Go for testing.
  - If positive, notify your child care/day camp/school setting. Toronto Public Health will follow up with instructions.
  - If negative, you will still need to self-isolate for 14 days from last exposure to the person who was positive. Any household members can go to child care/day camp/school/work but must not leave the home for other non-essential reasons.
  - If you are not tested you need to stay home and self-isolate for 10 days. Household contacts will need to stay home and self-isolate for 14 days.

- **NO**
  - Notify the child care/day camp/school setting that you have symptoms.
  - You should stay home, self-isolate and get tested.
  - Anyone in the household who attends the child care/day camp/school setting must self-isolate until your test is negative.
  - If symptoms of a mild headache, tiredness, sore muscles or joints occur within 48 hours after getting a vaccine, wear a medical mask when at work/child care/ day camp/school. If your symptoms last longer than 48 hours or worsen, stay home, self-isolate and get tested.

What was the result of your COVID-19 test?

- **POSITIVE**
  - You must stay home & self-isolate for 10 days from the day your symptoms started. You can return to child care/ day camp/school/work/ after 10 days even if someone else at home develops symptoms.
  - Household members & close contacts must self-isolate for at least 14 days.
  - Toronto Public Health will contact you to do an investigation & will provide further instructions.

- **NEGATIVE**
  - You may return to the child care/ day camp/school setting 24 hours after your symptoms have started improving.
  - Children/students can return to child care/day camp/school right away as long as they do not have symptoms.
  - Adults who attend the child care/ day camp/school setting can return right away as long as they do not have symptoms.

- **NOT TESTED**
  - You must stay home & self-isolate for 10 days from the day your symptoms started. After 10 days, you can return to the child care/day camp/school setting if your symptoms are improving.
  - Everyone in the household must self-isolate until the person with symptoms gets a negative COVID-19 test or 14 days have passed.
  - If a health care provider has diagnosed a condition that isn’t related to COVID-19, you can return to child care/ day camp/school 24 hours after your symptoms improve. Household members do not need to stay home.

If you have travelled outside of Canada in the last 14 days:

- You are required to self-isolate for 14 days even if you test negative for COVID-19.
- If you have symptoms of COVID-19 your household members are required to self-isolate until you have a negative COVID-19 test result.
- If you don’t have symptoms, your household members should stay home except for essential reasons while you are self-isolating. Essential reasons include attending school/child care/ day camp/work and essential errands such as obtaining groceries, attending medical appointments or picking up prescriptions.
- If you are exempt from travel quarantine because you perform an essential job (e.g. truck driver, pilot), the rest of your household does not need to self-isolate.