Why should I self-isolate?

I should isolate for up to 14 days if I have COVID-19 because:

- I can spread COVID easily to people who are near me (within 2 metres or 6 feet)
- I can spread it to other people when I talk, shout, sing, cough or sneeze
- I can spread it to other people even if I don't feel sick
- Isolating helps prevent COVID from spreading from me to other people

I should isolate for up to 14 days if I have been a close contact of someone who has COVID-19 because:

- I may start to feel sick (like a cough or fever) within 14 days of being a close contact
- I can start to spread COVID to other people as early as two days before I start to feel sick
- I may never feel sick but I can still spread it to others
- Isolating helps prevent COVID from spreading from me to other people

* A close contact means I have been within 2 metres (or 6 feet) of someone who has COVID-19 for a combined total of 15 minutes or more over a 24-hour period

TORONTO Public Health