How to Count Self-Isolation Days If You Have COVID-19

If fully vaccinated or 11 years or younger:
Self-isolate for 5 days.

If 12 + years & not fully vaccinated, or a weak immune system:
Self-isolate for 10 days.

• You can finish self-isolation after the end of your last day & symptoms are improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea).
• Testing negative does not clear you from self-isolation early.
• Continue to wear a mask in public settings after your self-isolation period.

If you cannot safely isolate from others, find out if you qualify for the Toronto Voluntary Isolation Centre at 416-338-7600.

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