

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



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 DAY 0 first day of symptoms	1 DAY 1	2 DAY 2	3 DAY 3	4 DAY 4	5 DAY 5 last day of isolation
6 DAY 6 self-isolation is over	7	8	9	10	11 DAY 11	12
13	14	15	16	17	18	19

or finish after 10 days, if required

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

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