



COVID-19 Screening Questionnaire

Screen yourself for COVID-19 using this poster. Please do not enter if you answer YES to any of the questions.

Updated April 29, 2022

1. A) Do you or anyone in your household have 1 or more of these new or worsening symptoms today or in the last 5 or 10 days*?

Yes
No



Fever > 37.8°C and/or chills

Yes
No



Cough

Yes
No



Difficulty breathing

Yes
No



Decrease or loss of taste/smell

B) Do you or anyone in your household have 2 or more of these new or worsening symptoms today or in the last 5 or 10 days*?

Yes
No



Sore throat

Yes
No



Headache

Yes
No



Feeling very tired

Yes
No



Runny nose/
nasal congestion

Yes
No



Muscle aches/
joint pain

Yes
No



Nausea, vomiting
or diarrhea

- If the symptom is from a known health condition that gives you/them the symptom, select "No". If the symptom is new, different or getting worse, select "Yes".
- If there is mild tiredness, sore muscles or joints within 48 hours after a COVID-19 vaccine, select "No".
- Anyone who is sick or has any symptoms of illness, should stay home and seek assessment from their health care provider if needed.



If "YES": Stay home & self-isolate.



Your household must self-isolate*

*You or household members do not need to self-isolate if no symptoms and not had a positive test and either: had a confirmed COVID-19 infection within 90 days***; OR are 18 + and boosted****; OR are 17 years or younger and fully vaccinated**.



If you have one symptom from Part B, stay home until symptoms improve for at least 24 hours or 48 hours if nausea/vomiting/diarrhea.

2. Have you or anyone in the household had a positive COVID-19 test in the last 5 or 10 days*, or been told to stay home and self-isolate?

Yes

No

- If you had a positive test or live with someone who is isolating or awaiting test results select "Yes"



If "YES": Stay home & self-isolate.*

*You or household members do not need to self-isolate if no symptoms and not had a positive test and either: had a confirmed COVID-19 infection within 90 days***; OR are 18 + and boosted****; OR are 17 years or younger and fully vaccinated**.

3. In the last 14 days, have you travelled outside of Canada?

Yes

No



If "YES": Follow federal quarantine [travel rules](#) including required measures for quarantine exempt travellers.

This tool is consistent with provincial guidance: [Coronavirus \(COVID-19\) self-assessment \(ontario.ca\)](#)



*Use 5 days: If the person is fully vaccinated or 11 years or younger. Use 10 days: If they are 12 years or older and not fully vaccinated; or immune compromised; or at a high risk congregate setting

**Fully vaccinated means 14 days or more after a second dose of a COVID-19 vaccine series, or as defined by the Ontario Ministry of Health.

***Confirmed COVID-19 infection within 90 days means: if tested positive within 90 days on a Rapid Antigen, or a PCR test AND completed self-isolation. Then, do not need to self-isolate if someone in the home has symptoms.

****Boosted means received a booster dose 3 months or more after a primary vaccine series.



HOW LONG SHOULD YOU SELF-ISOLATE FOR?

You have symptoms⁺ of COVID-19 or tested positive

If:

- Fully vaccinated^{**}, OR
- 11 years or younger, regardless of vaccination status

Stay home & Self-isolate:

- Must self-isolate for at least 5 days from the day symptoms started and until symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea), whichever is longer
- Use test date if no symptoms
- From day 6 to 10: wear a mask in public places, including while exercising, and do not visit people or settings at higher risk for illness⁺⁺

If:

- 12 years of age or older AND not fully vaccinated^{**} OR
- Immune compromised OR
- At a high risk congregate setting

Stay home & Self-isolate:

- Must self-isolate for 10 days from the day their symptoms started, or longer if symptoms last longer than 10 days
- Use test date if no symptoms
- For 20 days: Individuals who are immunocompromised must wear a mask in all public settings and not visit people or settings at higher risk⁺⁺

Someone in the household has symptoms⁺ of COVID-19 or a positive test

If you:

- Had a confirmed COVID-19 infection within 90 days^{***}; OR
- Are 18+ and boosted^{****}; OR
- Are 17 years or younger and fully vaccinated^{**}

You do not need to self-isolate

- For 10 days wear a mask in public places, including while exercising and do not visit people or settings at higher risk for illness⁺⁺

If you don't meet the above criteria

- If you are immunocompromised you must self-isolate for 10 days
- For all others - You must self-isolate for the duration of the household member's isolation period (see below)

If the household member is:

- Fully vaccinated^{**}, OR
- 11 years or younger, regardless of vaccination status

Stay home & Self-isolate:

- You must self-isolate for at least 5 days from the day the household member's symptoms started and until their symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea)
- Use test date if no symptoms
- From day 6 to 10: wear a mask in public places, including while exercising, and do not visit people or settings at higher risk for illness⁺⁺

If the household member is:

- 12 years of age or older AND not fully vaccinated^{**}, OR Immune compromised

Stay home & Self-isolate:

- You must self-isolate for 10 days from the day symptoms started, or longer if symptoms last longer than 10 days. Use test date if no symptoms

You were notified as a close contact of a COVID-19 positive case

If:

- No symptoms
- Do not need to self-isolate**
- Monitor for symptoms for 10 days from last contact and self-isolate immediately if symptoms develop
 - For 10 days from last exposure: wear a mask in public places, including while exercising and do not visit people or settings at higher risk for illness⁺⁺
 - If exempt from masking (e.g. under the age of 2 yrs) may return to public settings without masking⁺⁺

Note:

- A close contact is having contact with someone who has symptoms or tests positive for COVID-19 if:
- the contact occurred from 48 hours before symptoms, or while symptoms were present (or positive test result) AND
 - was within two meters AND
 - spent at least 15 minutes of time with them AND/OR multiple shorter lengths of time

The Province of Ontario has stated that attending school/childcare with someone who is symptomatic/positive for COVID-19 may not always be considered close contact. All cases in the school/child care settings are encouraged to notify their close contacts directly if they have significant one-on-one interactions, without wearing a well-fitted, high-quality mask. Contacts should follow instructions above.

⁺Symptoms include 1 or more symptom from 1.A or 2 or more symptoms from 1.B on the screening tool



- If you have one symptom from 1.B, other household members do not have to self-isolate.
- If you have one symptom from 1.B AND were a close contact, then self-isolate consistent with a COVID-19 infection.
- If you/your household member's symptoms are improving for 24 hours AND the person with symptoms never had a positive test AND tests negative on a PCR test OR 2 rapid antigen tests taken 24 to 48 hours apart, self-isolation ends.
- When the person who is symptomatic/COVID-19 positive completes their self-isolation, they do not need to self-isolate again if other household members become ill.
- Clearance testing is not required. A positive test requires completion of the isolation period even if symptoms are improving.
- For counting isolation days: the day symptoms start (or test date if no symptoms) is Day 0.

⁺⁺Continue to wear a well-fitted mask in all public settings(including schools/childcare unless under 2 years of age). Avoid activities where you need to remove a mask with reasonable exceptions such as when eating (e.g., when eating in shared space at school/work and maintaining as much distancing as possible). If exempt from masking (e.g. under the age of 2 yrs) may return to public settings without masking. Do not visit people or settings at higher risk including where there are seniors or those who are immunocompromised.

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



- Follow federal [requirements](#) for quarantine and testing after returning from international travel.
- Fully vaccinated travellers may be [exempt](#) from quarantine. Unvaccinated or partially vaccinated travellers, including children under the age of 11 travelling with a fully vaccinated adult may be exempt from quarantine but are still required to wear a mask at all times when in public spaces (unless if under 2 years of age), including schools/childcare. Stay home if symptoms develop.

This tool is consistent with provincial guidance: [COVID-19 School and Childcare Screening](#) and [Management of Cases and Contacts of COVID-19 in Ontario](#).