

I HAVE COVID-19

→ NOW WHAT? ←

COVID-19 symptoms
OR
tested positive*



Self-Isolate until



Symptoms are better for 24 hours (or 48 hours if gastrointestinal symptoms) and no fever



Follow Public Health Measures

For a total of 10 days after symptoms started or a positive test (whichever comes first):

- Wear a well-fitted mask in all public places (including schools and childcare, unless under 2 years old)
- Do not visit highest risk settings
- Do not visit seniors or those with a weak immune system
- Avoid non-essential activities (e.g., dining out) where masks are removed

*If no symptoms but tested positive, follow public health measures. Self-isolate if symptoms develop.

** Follow any additional guidance provided by a health care provider, hospital or high risk setting.

Weak immune system **OR**
live in highest risk settings
OR hospitalized because of
COVID-19**



Self-Isolate for
10 days and until



Symptoms are better for 24 hours (or 48 hours if gastrointestinal symptoms) and no fever



Follow Public Health Measures

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- Wear a well-fitted mask in all public places (including schools and childcare, unless under 2 years old)
- Do not visit highest risk settings
- Do not visit seniors or those with a weak immune system
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** Follow any additional guidance provided by a health care provider, hospital or high risk setting.

Very serious
illness requiring
ICU care



Self-Isolate for
20 days and until



Symptoms are better for 24 hours (or 48 hours if gastrointestinal symptoms) and no fever



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- Do not visit highest risk settings
- Do not visit seniors or those with a weak immune system
- Avoid non-essential activities (e.g., dining out) where masks are removed

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