



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
- Wear a mask in public places, including while exercising, and do not visit people or settings at higher risk from days 6 to 10⁺⁺

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

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

- Wear a mask in public places, including while exercising. Do not visit people or settings at higher risk for 10 days⁺⁺

If you don't meet the above criteria

- 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
- Wear a mask in public places, including while exercising. Do not visit people or settings at higher risk from days 6 to 10⁺⁺.

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 positive case

If:

- No symptoms

Do not need to self-isolate

- Monitor for symptoms for 10 days and self-isolate immediately if symptoms develop
- Wear a mask in public places, including while exercising, and do not visit people or settings at higher risk for 10 days from last exposure⁺⁺
- If exempt from masking (e.g. under the age of 2 yrs) may return to public settings without masking⁺⁺



⁺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 with symptoms 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. Do not visit people or settings at higher risk including where there are seniors or those who are immunocompromised. 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). Avoid activities where mask removal would be necessary. If exempt from masking (e.g. under the age of 2 yrs) may return to public settings without masking.



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 but are still required to wear a mask at all times when in public spaces, including schools/childcare, and monitor for symptoms.

This tool is consistent with provincial guidance: [COVID-19 School and Childcare Screening and COVID-19 Integrated Testing & Case, Contact and Outbreak Management Interim Guidance: Omicron Surge \(gov.on.ca\)](#)