

SELF-ISOLATION FOR COVID-19 OR FLU SYMPTOMS

STAY HOME

- If you have symptoms of COVID-19 or the flu, stay home and self-isolate.

CONSIDER GOING OUT/CONSIDER LEAVING SELF-ISOLATION

- If your symptoms have been improving for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea).
- If you no longer have a fever.
- If you have not developed any additional symptoms.

RETURN TO PUBLIC SETTINGS

For the remainder of the 10 days that began when your symptoms started:

- Wear a well-fitted mask in all public settings.
- Avoid non-essential activities where you need to take off your mask (for example, dining out).
- Avoid non-essential visits with anyone who is immunocompromised or may be at higher risk of illness (e.g. seniors).
- Avoid non-essential visits to highest risk settings in the community such as hospitals and long-term care homes.