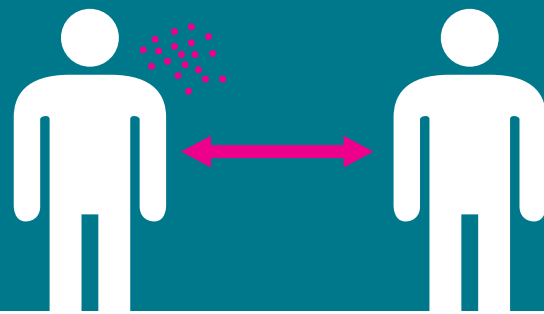


COVID-19: Stop the Spread



What are the common COVID-19 symptoms?

A new or worsening cough, fever, fatigue, sore throat, shortness of breath or difficulty breathing, muscle or body aches, new loss of smell or taste, headache, abdominal pain, diarrhea or vomiting.

What should I do if I develop COVID-19 symptoms?

If you think you have symptoms of COVID-19:

- **Book a COVID-19 test.** If possible, please avoid using public transportation, including buses and trains, when going for your testing appointment.
- **Stay home.** Only leave the house for medical emergencies.
- **Self-isolate.** Monitor your symptoms and avoid contact with other people. If you live with others, stay at least two metres apart.

How do I self-isolate?

- Self-isolation means staying at home, avoiding contact with other people and only leaving home for critical reasons, like a medical emergency. If you must leave your home to see a health care provider, wear a face covering or medical mask, stay two metres apart from others and avoid public transportation including buses and trains.
- Stay, eat and sleep in a separate room and use a different bathroom from others in your home, if possible.
- Try to get groceries, medication, or other essential items online, over the phone, from friends, family, neighbours or anyone else who is not in self-isolation. Have items left at the front door to reduce contact.
- Self-isolate if you have COVID-19 symptoms, you have tested positive for COVID-19, you think you have been exposed to someone with COVID-19, or if you have just returned from travel.

What should I do if I was in close contact with someone who has COVID-19?

- Self-isolate for 14 days from the day you last had close contact with that person. Close contact is defined by 15 minutes of exposure within two metres of a COVID-positive person.
- Get tested for COVID-19 at least seven days from the date of contact with the COVID-19 positive individual.
- If your test comes back **positive**, you must self-isolate for 10 days. Your local public health unit or testing provider will call you with more instructions.
- If your test comes back **negative**, book a second test on or after day 10 of your self-isolation if the first test is done earlier than seven days after exposure. **You are required to isolate for the full 14 days, even if your test comes back negative.**

What should I do while waiting for my COVID-19 test results?

If you have COVID-19 symptoms, a known exposure to COVID-19 or have traveled outside of Canada in the last two weeks, you must self-isolate while you wait for your test results. If you do not have COVID-19 symptoms, have not been exposed to COVID-19 or have not been advised to self-isolate, continue physical distancing and monitor for symptoms while you wait for your test results.

How do I get my COVID-19 test results?

To check your results online, visit the [Ontario Government's COVID-19 Test Results](#) web page if you have an OHIP health card.

If you don't have an OHIP health card, you may be able to check your results through the assessment centre or hospital online patient portal, or by contacting the assessment centre where you were tested.

If your results are positive, Public Health will call you.

I TESTED POSITIVE FOR COVID-19: NOW WHAT?



STEP 1. You will be contacted by Public Health.

Public Health will call you to provide more information about your isolation period.



STEP 2. Self-Isolate.

You must self-isolate for 10 days from the day your symptoms started, or from the day of your test if you don't have symptoms. Make a list of all essential items you need and create a plan for delivery or drop-off. If you will have difficulty affording/accessing food, supplies or income, you can call [211](#) or visit their website for support. This service is free and interpretation is available. If you will have difficulty isolating in your own home, you may be eligible to isolate at the [Toronto Voluntary Isolation Centre](#) (416.338.7600)



Close contacts must self-isolate.

Members of your household and/or anyone you have had close contact with will need to self-isolate for 14 days. Close contact is defined by 15 minutes of exposure within two metres of a COVID-positive person.



STEP 3. Monitor your symptoms.

Mild to moderate symptoms including a dry cough and headaches can be managed at home. If you start experiencing more severe symptoms, including trouble breathing, call 911.



STEP 4. Rest and rehydrate.

Make sure to get plenty of sleep and drink lots of water.



STEP 5. Prioritize your mental health.

Self-isolation can be lonely, so make time for the things that give you joy. Connect with friends or family virtually, watch a movie or play word games.



STEP 6. Continue monitoring your symptoms.

If you have recovered after your 10 days of self-isolation, you can resume normal activities while doing your part to reduce virus transmission, including wearing a mask and practicing physical distancing. If you still feel unwell after the 10 days, continue to self-isolate. If your symptoms become severe, call 911.



ADDITIONAL LINKS AND RESOURCES

[Toronto Voluntary Isolation Centre](#)

[General COVID-19 Information](#)

[Managing COVID-19 at Home](#)

[COVID-19 Information: Government of Ontario](#)

[COVID-19 Information: City of Toronto](#)