



Individuals who have symptoms of COVID-19 WITHOUT access to rapid antigen tests

This guidance does not apply to individuals who live, work, volunteer or are admitted in high risk settings (hospitals, LTC, congregate living, First Nations communities, group homes, and correctional institutions).

Do you have any of these symptoms: Fever, chills, shortness of breath, decrease or loss of smell and taste?

NO

Do you have two or more of these symptoms?

Sore throat Extreme fatigue Muscle aches / joint pain
Headache Runny nose / nasal congestion
GI symptoms (i.e. Vomiting or diarrhea)

NO

- It is less likely that you have COVID-19 infection.
- Self-isolate until your symptoms are improving for at least 48 hours.
- Your household members do not need to self-isolate.

YES

- It is highly likely that you have a COVID-19 infection.
- You should self-isolate immediately:
 - Regardless of vaccination status - you should isolate for 5 days from your symptom onset and until you have no fever and your symptoms have been improving for 48 hours (whichever is longer in duration).
- Most individuals do not need a COVID-19 test. If you are eligible for a PCR or have access to a rapid antigen test, you may test. Without testing, you should fulfill self-isolation requirements.
- If your symptoms worsen, seek advice from your health care provider.