



## Information for People who have [Symptoms Compatible with COVID-19](#)

This information is for the general community, and is not applicable for those who work or live in high-risk settings, nor is it applicable for those who have tested positive via PCR or rapid antigen testing (RAT).

If you or your close contacts work or live in a high-risk setting, please review the information for those associated with [high risk-settings](#).

If you tested positive on PCR or RAT, please review the [Letter for Persons who Test Positive for COVID-19 \(RAT or PCR\)](#).

## You Must Self-Isolate Immediately and Your Household Members Must Stay At Home

- If you are [fully vaccinated](#) (at least two doses of COVID-19 vaccine) **OR** under 12 years old, you **must** [self-isolate](#) for **at least** 5 days from your symptom onset. You cannot leave isolation for at least 5 days **AND** until any respiratory symptoms have been improving for at least 24 hours, any gastrointestinal symptoms have been resolved for at least 48 hours, and you do not have a fever (without the use of fever reducing medication).
- If you are **not** [fully vaccinated](#) (unvaccinated or partially vaccinated with only 1 dose of COVID-19 vaccine) **AND** aged 12 or older, **OR** if you are immunocompromised, you **must** [self-isolate](#) for 10 days from symptom onset **AND** until your symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms) and you do not have a fever (without the use of fever reducing medication).
- Self-isolation means you must:
  - Stay home, and isolate away from others in the home.
  - Only leave if it's a medical emergency or if permitted by APH.
  - No visitors unless it's essential (e.g., health care providers).
- If you cannot self-isolate in your home, please call APH at 705-942-4646 ext. 5404.
- Contact Ontario telehealth (1-866-797-0000) or your health care provider if you have any questions about your symptoms.
- If you are having difficulty breathing or require immediate medical attention, please call 911 and notify them of your symptoms.
- Do not visit any high-risk settings (e.g., long-term care and retirement homes) or individuals who may be at higher risk of illness (e.g., seniors) until 10 days after symptom onset.
- You are encouraged to report your COVID-19 symptoms and need to self-isolate to your employer or occupational health and safety department.
- If you are a caregiver to someone with COVID-19, please see [this handout](#) for more information.

## Household Contacts

- **All household members must** [self-isolate](#) **for the same duration as you**, regardless of their vaccination status. This means that your household contacts should stay home for at least 5 days from your symptom onset **AND** until you do not have a fever and your symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms) due to the high rate of transmission within households.



- If household members develop symptoms, they must immediately continue to self-isolate and follow directions provided for symptomatic individuals, as outlined above, and seek testing, [if eligible](#).
- If you have symptoms-only, and have not tested positive for COVID-19 on a PCR test or RAT, **you are not required** to identify and inform additional close contacts outside of your household. However, you can inform close contacts by providing them with the link to the [Algoma COVID-19 Case and Contact Guide](#). Individuals who are [eligible](#) for a lab-based PCR test are encouraged to get tested.

*Failure to follow the public health guidance within this letter may result in enforcement under the [Health Protection and Promotion Act, R.S.O. 1990, c. H.7](#).*

### **Other COVID-19 Measures and Precautions**

Following discharge from self-isolation, please continue to follow public health measures currently required when outside your home (work, schools, childcare, etc.) and continue taking precautions to protect you and your loved ones including getting vaccinated for COVID-19 when eligible, practicing physical distancing of 2 meters (or 6 feet), wearing a face covering, proper hand hygiene, and limiting social gatherings

### **For more information:**

Please visit the APH website for [Information for those who test positive for COVID-19, high-risk and close contacts, and workplaces](#) or call 705-942-4646 ext. 5404.

Sincerely,

Algoma Public Health

*The information included in this letter is intended for the direct recipients.*

*Please do not disseminate or distribute further.*