Instructions for those with COVID-19 symptoms who are NOT tested

While you have not been tested for COVID-19 because you do not meet Ottawa Public Health criteria for testing, you still may have COVID-19 and still **MUST** monitor your symptoms, self-isolate at home, and notify your close contacts.

**Monitoring your COVID-19 symptoms**

- Most people with mild symptoms will recover on their own at home.
- If your symptoms are worsening to a point where you cannot manage at home, go to your nearest emergency department and/or call 911.

**You MUST self-isolate at home**

- Avoid isolating in a place where there are vulnerable people, including people who have a medical condition, compromised immune systems, or older adults.
- Leaving your property to go for a walk is not permitted. Stay in a private place like your yard or balcony if you go outside for fresh air.
- Limit contact with others in the place of isolation, including children.
- Stay in a separate room and use a separate bathroom from others in your home, if possible.
- Do not have visitors.
- Do not leave your place of isolation unless it’s to get medical care.
- Do not use public transportation (e.g., buses, taxis).
- Do not go to school or work in-person (you can attend virtually).
- Do not go into the community, including the grocery store and pharmacy.
- If you need groceries, medication or other essential items, arrange to have a family member, friend, neighbour, or anyone else who is not in self-isolation do this for you. Have items left at the door to minimize contact.
- If you have to be in contact with others, practice physical distancing and keep at least 2 metres (6 feet) between yourself and the other person.

**Notifying your close contacts**

- Please advise anyone who you have had close contact from 2 days (48 hours) before you were sick until being in self-isolation, that they must self-isolate for fourteen (14) days from their last contact with you.
• Close contacts include anyone who provided you care, anyone who lives with you, and anyone who had close contact with you for more than 5 minutes.

• Please provide your close contacts a copy of the Ottawa Public Health “Instructions for those who may have been in close contact with a case of COVID-19” or refer them to OttawaPublicHealth.ca/Self-Isolate.

Criteria to end self-isolation

• Discontinuing self-isolation depends on if you have travelled and on your COVID-19 test result. Please refer to the following table for your situation:

<table>
<thead>
<tr>
<th>Travel History</th>
<th>Criteria</th>
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</thead>
<tbody>
<tr>
<td>Returning from travel</td>
<td>Fourteen (14) days since your return to Canada OR 14 days after your symptoms started, whichever is longer</td>
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<tr>
<td></td>
<td>AND you have no fever</td>
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<td>AND your symptoms are improving</td>
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<td>AND you are not a health care worker*</td>
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<tr>
<td>No travel history</td>
<td>Fourteen (14) days after your symptoms started</td>
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<td></td>
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* Please note: health care workers have different criteria for discontinuing self-isolation. Please refer to the Ottawa Public Health website for more information.

Continue physical distancing AFTER your self-isolation has ended

• Keep at least 2 metres (6 feet) between yourself and other people.
• Cancel all group gatherings.
• Connect via phone, video chat, or social media instead of in person.
• Talk to your employer about working from home (if possible).
• Avoid visiting elderly friends or relatives unless the visit is essential.
• Keep windows down for essential community trips via taxi or rideshares.
• You can go outside for a walk. Make an effort to step-aside or pass others quickly and courteously on sidewalks. Passing someone on the sidewalk is not considered close contact or a significant risk for exposure to COVID-19.

Please refer to OttawaPublicHealth.ca/Coronavirus for more information.