

COVID-19 Isolation and Quarantine Requirements

Scenario	Self-Isolation/Quarantine Requirements	
Household Contact* of a confirmed COVID-19 case	<p>No Symptoms: Fully Vaccinated</p> <ul style="list-style-type: none"> You are not required to quarantine <p>Not Fully Vaccinated</p> <ul style="list-style-type: none"> You should stay home for 14 days from the last day of exposure and monitor for symptoms <p>Symptoms:</p> <ul style="list-style-type: none"> You must isolate for 10 days and should get tested – your isolation can end early if you test negative 	
International Travel	<ul style="list-style-type: none"> Quarantine for 14 days upon return to Canada, if you do not meet eligible exemptions. Fully vaccinated and other exempt travellers - please see the Government of Canada COVID-19 Vaccinated Travellers Entering Canada for potential exemptions and further direction. If you start having COVID-19 symptoms within 14 days of return, you must isolate for 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer. Additional Federal mandatory self-isolation requirements may apply and must be followed. 	
Scenario	Self-Isolation (Positive Test)	Self-Isolation (Negative Test)
Experiencing the core COVID-19 symptoms not related to a pre-existing illness or health condition (cough, fever, sore throat, shortness of breath, runny nose or loss of taste or smell)	Isolate for 10 days or until symptoms have resolved, whichever is longer.	Isolate until symptoms have fully resolved.
Asymptomatic	Isolate for 10 days from the date you were tested. Should symptoms develop, start 10 day isolation over from the day symptoms started.	N/A

*Household Contact:

A household contact is anyone who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who is a caregiver or an intimate or sexual partner of a COVID-19 case.

Quarantine vs. Isolate

Isolate to avoid spreading illness.

- You tested positive for COVID-19.
- You are sick with fever, cough, shortness of breath, sore throat* or runny nose* and have not been tested.

Quarantine and watch for symptoms to prevent exposing others before symptoms appear.

- You are a household contact of a case of COVID-19 and are not fully vaccinated.
- You returned from travel outside of Canada.

Isolate or Quarantine Requirements

- Stay home – do not attend work.
- Avoid close contact with people in your household, avoid high sick locations such as continuing care facilities and crowded indoor spaces- especially seniors and people with chronic conditions or compromised immune systems.