# COVID-19 Isolation and Quarantine Requirements

<table>
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<tr>
<th>Scenario</th>
<th>Self-Isolation/Quarantine Requirements</th>
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<tr>
<td><strong>Household Contact</strong> of a confirmed COVID-19 case</td>
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</table>
**No Symptoms:**  
- Fully Vaccinated  
  - You are not required to quarantine  
- Not Fully Vaccinated  
  - You should stay home for 14 days from the last day of exposure and monitor for symptoms  
**Symptoms:**  
- You must isolate for 10 days and should get tested – your isolation can end early if you test negative  
|  
**International Travel** |  
- Quarantine for 14 days upon return to Canada, if you do not meet eligible exemptions.  
- 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.  
|  
**Scenario** | **Self-Isolation (Positive 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.  
**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.