## COVID-19 Isolation and Quarantine Requirements

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| Close Contact of a confirmed COVID-19 case | - Quarantine for 14 days from last contact with the confirmed case.  
- A COVID-19 test should be booked as soon as you receive confirmation that you are a close contact of someone who tested positive.  
- If you become sick with a known COVID-19 symptom during this time, you must **isolate for an additional 10 days** from the beginning of symptoms or until you are feeling well, whichever takes longer. |
| Close Contact of confirmed COVID-19 case - Fully Vaccinated*  
*considered fully vaccinated 14 days after receiving both doses in a 2-dose vaccine series, or 1 dose in a 1 dose vaccine series | **No Symptoms:**  
- You are not required to quarantine  
**Symptoms:**  
- You must isolate for 10 days and should get tested – your isolation can end early if you test negative |
| Close Contact of confirmed COVID-19 case - Partially Vaccinated*  
* considered partially vaccinated 14 days after receiving the first dose in a 2-dose vaccine series. | **No Symptoms:**  
- Quarantine for 10 days and should get tested.  
- Quarantine can end early if you test negative on day 7 or later.  
- If you test negative on day 7 or later and your symptoms have resolved, your quarantine can end.  
- If you test negative before day 7, you must remain in quarantine and need a second negative test on day 7 or later to end quarantine.  
**Symptoms:**  
- You must isolate and should get tested.  
- If you test negative before day 7, you must continue to quarantine (10 days total from exposure date).  
- If you test negative on day 7 or later and your symptoms have resolved, your quarantine can end. |
| International Travel | - Quarantine for 14 days upon return to Canada.  
- If you become sick with a known COVID-19 symptom during this time, you must **isolate for an additional 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. |
| Household Contacts |  
- If the case is isolating at home in a separate room with access to a separate bathroom, household close contacts can start their 14 day self-isolation period the day the case starts isolating.  
- If the case is unable to isolate in a separate room, every day the case is isolating at home is considered a new exposure. Household contacts must self-isolate during the case's isolation period (10 days) plus an additional 14 days after the case's isolation period ends.  
- If you have been vaccinated, follow the quarantine period listed above, from the last date of exposure to the household contact. |

### Scenario

- **Self-Isolation (Positive Test):** Self-isolate for 10 days or until symptoms have resolved, whichever is longer.  
- **Self-Isolation (Negative Test):** Self-isolate until symptoms have fully resolved. This only applies in cases where there hasn't been any international travel or close contact with a confirmed case - otherwise see the scenarios above.

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| Close Contact:  
A close contact is anyone who, during the **infectious period**:  
- lived with or was within two metres of a person who has COVID-19 for 15 minutes or more of cumulative contact, i.e. multiple interactions for a total of 15 minutes or more, even if a mask was worn during that contact, or  
- has had direct contact with bodily fluids of a person who has COVID-19 (e.g., was coughed or sneezed on), or  
- provided direct care for a person who has COVID-19, or  
- has physical contact with a person who has COVID-19, such as handshake, hugging, kissing, or sexual activity, or shares items with a person who has COVID-19 such as drinks, personal hygiene items, cigarettes, vapes, lipstick, eating utensils, etc. |  
- **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 had close contact with a person who has COVID-19.  
  - You returned from travel outside of Canada.  

### Close Contact:

- **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 had close contact with a person who has COVID-19.  
  - You returned from travel outside of Canada.