Covid 19 Isolation Protocols

If you have COVID-19, isolating will help stop the spread of the virus. This is particularly important to prevent the transmission of the rapidly spreading Omicron variant.

You must isolate if you:

- Have symptoms of Covid 19
- Have tested positive for Covid 19
- If you were a close contact with someone who has Covid 19 or has symptoms of Covid 19

If you have symptoms of COVID-19, assume that you may have the virus and may be contagious.

Symptoms include:

- fever or chills
- cough
- shortness of breath
- decreased or loss of taste or smell
- two or more of:
  - runny nose or nasal congestion
  - headache
  - extreme fatigue
  - sore throat
  - muscle aches or joint pain
  - gastrointestinal symptoms (such as vomiting or diarrhea)

Isolation Period:

People with symptoms:

- 5 days if you have symptoms and you are fully vaccinated, or otherwise healthy or under the age of 12
- 10 days if you are not fully vaccinated or immunocompromised
In both cases everyone in the household must isolate

**Please note:** You can end isolation after five days **only** if your symptoms have improved for at least 24 hours, and you continue to follow all public health and safety measures, such as masking and physical distancing. If your symptoms are not in the list above, stay home until you feel better for at least 24 hours (or 48 hours if the symptoms affect the digestive system).

**People without symptoms:**

- Self monitor for symptoms for 10 days after your last exposure
- wear a mask, practice physical distancing, and follow all other public health measures if leaving home
- do not visit any high-risk settings or people who may be at higher risk of illness (such as seniors) for 10 days after your last exposure

**Reporting:**

Please report symptoms and test results to your management officer as well as covid@algomau.ca.

For more information please visit Covid-19 Ontario

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