

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 variants.

You must isolate if you:

- Have symptoms of Covid 19
- Have tested positive for 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

Please note: The isolation period begins one day **after** onset of symptoms or one day **after** the positive test result, whichever was first. Also note that the day you experience symptoms or the day you tested positive counts as day zero not day 1 of your isolation period.

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 when leaving home

Please note:

1. **If you have previously tested positive for COVID-19 in the last 90 days and have been exposed again and/or**
2. **You are 18+ years of age, fully vaccinated and received your booster and/or**
3. **A household member is isolating because of Covid-19 symptoms but has tested negative on PCR or rapid antigen tests:**
 - You do not need to isolate as long as you have no symptoms
 - [self-monitor](#) for symptoms for 10 days from last exposure
 - You can go to work/class including in the highest-risk settings wearing a well fitted medical mask.
 - Do not visit anyone who is at higher risk of illness, such as seniors, or any high risk settings (unless you previously tested positive in the past 90 days).
 - If you develop symptoms of COVID-19, you will need to be isolated.

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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