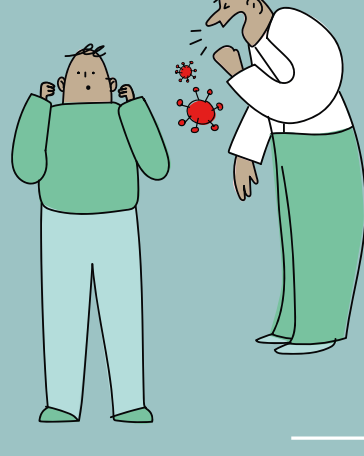


WHEN AND HOW LONG TO ISOLATE

PEOPLE WHO HAVE BEEN IN CONTACT WITH A COVID-19 CASE



PEOPLE VACCINATED OR WHO HAVE HAD COVID-19



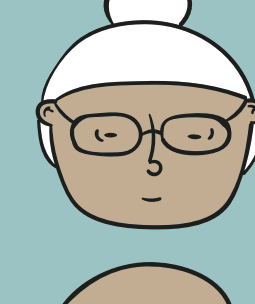
If you have been in contact with a person who has COVID-19 and that person lives with you or is a sexual partner...



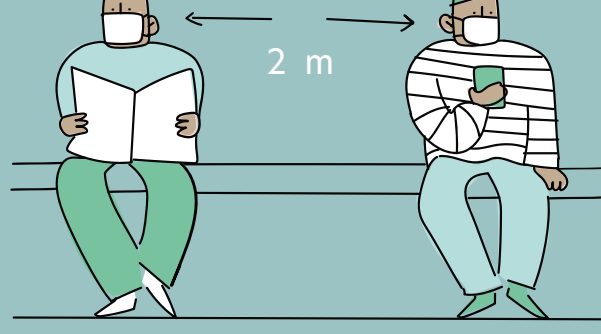
Monitor for symptoms



Wear a mask for all social interactions



Avoid contact with vulnerable people



Stay 2 metres away from others whenever possible



UNVACCINATED PEOPLE WHO HAVE NEVER HAD COVID-19



If you have been in contact with a person who has COVID-19 and that person lives with you or is a sexual partner...

IT IS RECOMMENDED TO:



Self-isolate at home for **5 days** from the same isolation date as the case



Monitor for symptoms

FOR THE NEXT 5 DAYS YOU HAVE TO:



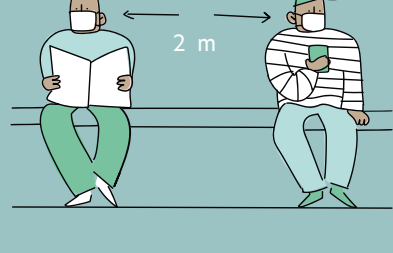
Monitor for symptoms



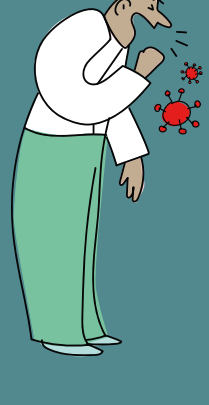
Wear a mask for all social interactions



Avoid contact with vulnerable people



Stay 2 metres away from others whenever possible



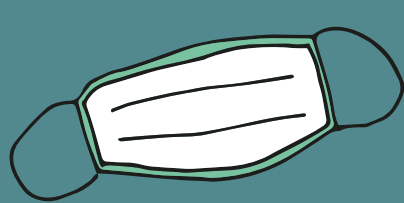
INSTRUCTIONS FOR COVID-19 SYMPTOMS OR POSITIVE PEOPLE Over 12 years old & vaccinated



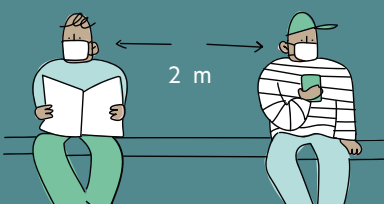
Isolate for a minimum of **5 days**. The **5 days** are calculated from the date the symptoms started (or from the test date if you have no symptoms)

After 5 days of isolation, you can resume activities if symptoms improve and your fever has been gone for at least 24 hours (without taking fever medication).

FOR THE NEXT 5 DAYS AFTER ISOLATION:

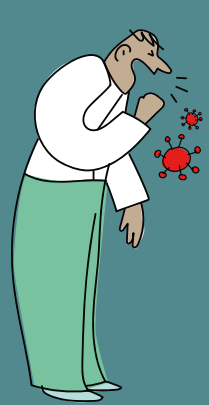


Wear a mask for all social interactions



Stay 2 metres away from others whenever possible

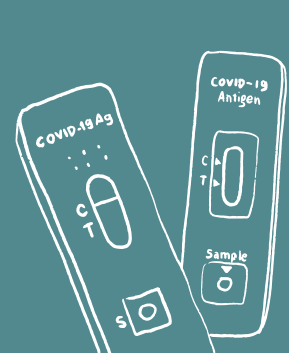
If symptoms or fever persist, continue isolation for an additional 5 days.



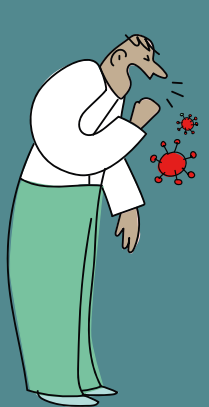
INSTRUCTIONS FOR COVID-19 SYMPTOMS OR POSITIVE PEOPLE Over 12 years old & unvaccinated



ISOLATE FOR 10 DAYS FROM THE BEGINNING OF SYMPTOMS



(OR FROM THE TEST DATE IF YOU HAVE NO SYMPTOMS)



INSTRUCTIONS FOR COVID-19 SYMPTOMS OR POSITIVE PEOPLE 12 years old and younger



Children must isolate for a minimum of **5 days**. The **5 days** are calculated from the date the symptoms started (or from the test date if you have no symptoms)

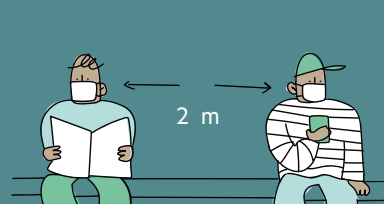
After 5 days of isolation, do a rapid test.



If the result is negative, the child may resume activities if symptoms improve and the fever has been gone for at least 24 hours (without fever medication). However, for the next 5 days, the child must:



Wear a mask for all social interactions



Stay 2 metres away from others whenever possible

If the result is positive, the child must isolate for an additional 5 days.