

Coronavirus Disease 2019 (COVID-19)

When to Self-isolate for Household Members

This fact sheet provides basic guidance for household members on when to self-isolate if they live with someone who has been identified as a COVID-19 high risk contact, has symptoms of COVID-19 or recently returned from international travel.

I live with a person who:

Was exposed to COVID-19, but does not have symptoms

- Stay at home except for essential reasons for the duration of the person's self-isolation period and stay away from the person self-isolating as much as possible.
- Essential reasons can vary by local public health unit, but may include attending work if work from home is not possible, school, childcare, getting groceries, attending medical appointments or picking up prescriptions. Follow local requirements for school, childcare and work attendance.

Was exposed to COVID-19 and has symptoms

- Self-isolate immediately and do not go to work, school or childcare until the symptomatic person receives a negative COVID-19 test result or is provided an alternative diagnosis by a healthcare provider.
- Keep your distance from the person with symptoms as much as possible. This includes staying in a different room where possible, not eating meals in the same area or socializing in the same space, not sleeping in the same room/bed and not using the same washroom.
- If you cannot effectively distance yourself from the symptomatic person (e.g. due to care needs, interactions with/between young children), your 14 day self-isolation period would start at the end of the symptomatic person's isolation period.
- If the person with symptoms does not seek COVID-19 testing, you must self-isolate for 14 days from the last exposure to the symptomatic person in your household.

Tested positive for COVID-19

- Self-isolate immediately for 14 days from the last exposure to the COVID-19 positive person and do not go to work, school or childcare.
- If you cannot effectively distance yourself from the symptomatic person (e.g. due to care needs, interactions with/between young children), your 14 day self-isolation period would start at the end of the symptomatic person's isolation period.
- Expect to be contacted by your local public health unit for further follow-up and continue to follow infection prevention and control measures.

Returned from international travel and is not required to self-isolate

- Follow your local public health unit measures around masking, physical distancing and all other guidance.
- If the person who travelled experiences symptoms, follow the steps outlined above under "I live with a person who was exposed to COVID-19 and has symptoms".

Returned from international travel and is required to self-isolate

- Stay at home except for essential reasons for the duration of the person's self-isolation period.
- Essential reasons may include attending work if work from home is not possible, school, childcare, getting groceries, attending medical appointments or picking up prescriptions.
- If the person who travelled experiences symptoms, follow the steps outlined above under "I live with a person who was exposed to COVID-19 and has symptoms".

Resources

- Government of Canada: [Mandatory Quarantine or Isolation](#)
- Public Health Ontario:
 - [How to Self-isolate](#)
 - [Self-isolation: Guide for Caregivers, Household Members and Close Contacts](#)

For more information please contact: _____

The information in this document is current as of April 15, 2021