



# COVID-19 SELF-ISOLATION

If you have symptoms of COVID-19, and have received at least two doses of COVID-19 vaccine OR are under the age of 12, you must self-isolate for 5 days. The calendar below is an example to help you understand when you can leave self-isolation.



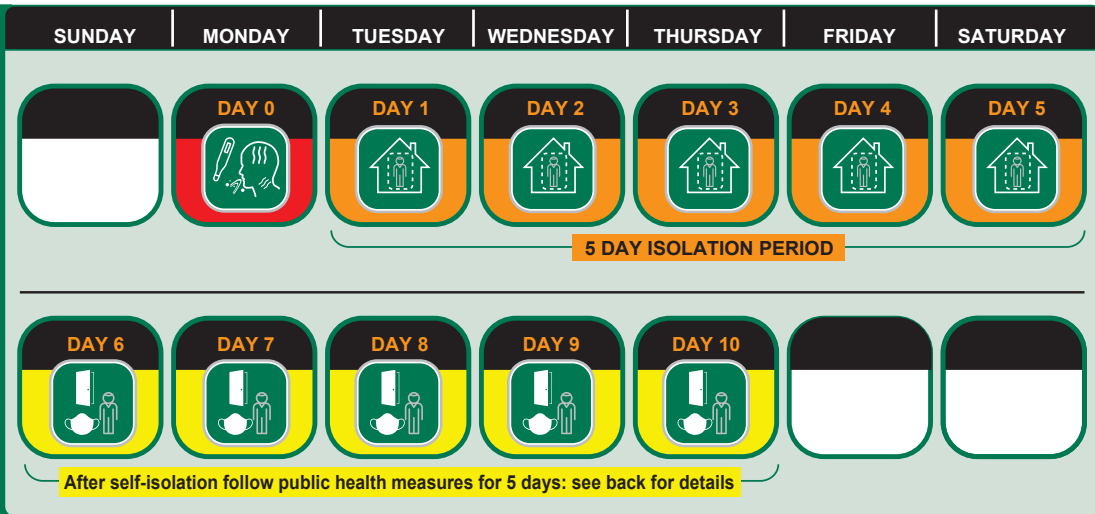
Symptom start/  
positive  
COVID-19 test



Isolation  
period



Leave isolation  
& follow public  
health measures



[www.healthunit.com/self-isolation](http://www.healthunit.com/self-isolation)

# Additional information to share with contacts



## What should household members do?

If you're 18+ and boosted, under 18 and have received at least two doses, or previously had COVID-19 in the last 90 days, please be cautious and follow the public health measures below for 10 days after your last exposure to the positive / symptomatic household member. NOTE: You don't need to self-isolate, but please monitor yourself for symptoms.

Otherwise, you must self-isolate for the same amount of time as the positive / symptomatic household member and follow the public health measures below for an additional 10 days after your last exposure.

## What should close contacts (non-household members) do?

Regardless of whether you're vaccinated or unvaccinated, please be cautious and follow the public health measures below for 10 days after your last exposure to the positive / symptomatic person. NOTE: You don't need to self-isolate, but please monitor yourself for symptoms.



## Required public health measures after self-isolation as well as for household members and close contacts

- Wear a mask in public settings, including school and child care
- Avoid non-essential activities where mask removal is necessary (e.g. dining out)
- Avoid non-essential visits to high risk settings (e.g. hospitals, long-term care homes)
- Avoid visits to vulnerable people (e.g. seniors or immunocompromised)
- Employees working in highest risk settings should report their exposure and follow their workplace guidance

