



Stay Home if You Have Symptoms

Screen yourself/your child for COVID-19 and other respiratory viruses using this questionnaire. If you answer YES to any of the questions, stay home and follow guidance provided.

September 1, 2023

1. Do you have any of these new or worsening symptoms*? Yes No

A) One or more:



Fever $\geq 38^{\circ}\text{C}$ and/or chills



Cough



Sore throat



Headache



Feeling very tired



Trouble breathing



Decrease or loss of taste/smell



Runny nose/nasal congestion



Muscle aches/joint pain



Nausea/vomiting/diarrhea

2. Have you tested positive for COVID-19 in the last 10 days and have symptom(s)? Yes No



If "YES" to Q.1 or 2 Stay home (self-isolate)



Follow extra measures

3. Do you have only one symptom from 1(B) OR any of the following new or worsening symptoms*?

- Abdominal pain
 - Pink eye
 - Decreased or no appetite
- Yes No



If "YES" Stay home until your symptom(s) is improving for 24 hours (48 hours for nausea/vomiting/diarrhea) and you do not have any new symptoms

Stay home (self-isolate) if you are sick:

Stay home until you have no fever and your symptoms are improving for at least 24 hours (or 48 hours if nausea/vomiting/diarrhea).

Anyone who is feeling sick or has any new or worsening symptoms of illness, including those not listed, stay home until symptoms are improving and seek assessment if needed.

Follow extra measures: For 10 days after the start of symptoms:



Wear a well-fitted mask in all public settings (including schools/child care, unless <2 years of age).



Avoid non-essential activities where you take off your mask (e.g., playing an instrument in music class or during sports or dining out).



Do not visit people or settings (e.g. hospitals, long-term care homes) at higher risk, including where there are seniors or those who are immunocompromised.

This tool is consistent with [provincial self-assessment tool](#).

*If the symptom is from a known health condition that gives you the symptom, select "No." If the symptom is new, different or getting worse, select "Yes." If there is mild tiredness, sore muscles or joints within 48 hours after a COVID-19 or flu vaccine, select "No."