



# COVID-19

Do you have any of the following new or worsening symptoms?



Fever/Chills



Cough



Loss of taste or smell



Difficulty breathing/  
Shortness of breath



Fatigue, lethargy,  
malaise and/or myalgias  
(for adults 18 years or older)



Nausea, vomiting,  
diarrhea, stomach pain  
(for children under 18 years)



### In the last 10 days, have you

1. tested positive for COVID-19 or been advised by a doctor, health care provider or public health unit that you should currently be isolating or staying home?
2. tested positive on a rapid antigen/home-based test and not completed a follow up test at an assessment centre
3. had close physical contact (and you are not fully vaccinated\*\*):
  - with someone you live with who is experiencing any new COVID-19 symptoms and/or waiting for a test result
  - with someone who tested positive for COVID-19 or who is considered a probable case?
4. received a COVID Alert exposure notification on your cell phone?



### In the last 14 days, have you

5. travelled outside of Canada and been told to quarantine (per the federal quarantine requirements?)

If you answered **YES** to any of these questions, **please return home and self-isolate.** Visit [OttawaPublicHealth.ca/COVIDCentre](https://OttawaPublicHealth.ca/COVIDCentre) for more information about getting tested.

**If you are feeling unwell**, contact your health care provider or call **Telehealth Ontario** at **1-866-797-0000** to speak to a registered nurse.



\*\* Fully vaccinated means that it has been at least 14 days since receiving:

- Your second dose of an accepted two-dose COVID-19 vaccine or a combination of accepted vaccines (Moderna, Pfizer-BioNTech or AstraZeneca) OR
- your only dose of the single-dose COVID-19 vaccine series of Janssen (Johnson & Johnson)

Prepared with information from Ottawa Public Health and the Government of Ontario.

[OttawaPublicHealth.ca/Coronavirus](https://OttawaPublicHealth.ca/Coronavirus)