

WHAT DO I DO IF I HAVE SYMPTOMS OF COVID-19?

August 2021



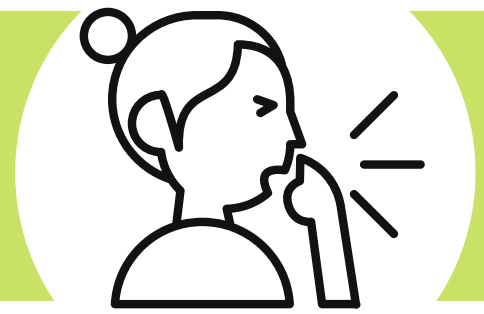
Complete one of Ontario's online self-assessment tools: [COVID-19 self-assessment](#), [Screen for COVID-19 before going to any public place](#) or [COVID-19 school and child care screening](#).



Arrange for testing through the Renfrew County Virtual Triage Assessment Centre (VTAC) at 1-844-727-6404 or book an appointment online at [How to book your COVID-19 test online](#).

1

If you have new symptoms that may be due to COVID-19

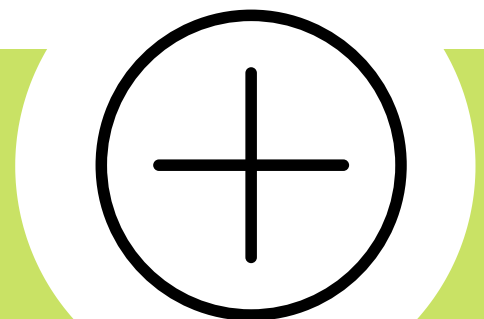


(Regardless of YOUR vaccination status) You **must self-isolate and get tested**.

- Everyone in your household who is **not** fully vaccinated (2 doses + 14 days post vaccination) must also self-isolate until you receive a negative test.
- Household members who **are** fully vaccinated and asymptomatic do not need to self-isolate but should self-monitor for symptoms.

2

If you test positive for COVID-19



(Regardless of YOUR vaccination status) You **must self-isolate**.

- Everyone in your household who is **not** fully vaccinated (2 doses + 14 days post vaccination) must also self-isolate, regardless of whether you receive a negative test, for **10 days after a break in contact. It could be longer if they are unable to self-isolate apart.**
- Household members who **are** fully vaccinated and asymptomatic do not need to self-isolate but should self-monitor for symptoms. **They should also be tested as soon as possible.**
- You will be contacted by RCDHU. You can return to work or school once cleared by RCDHU.

3

If you do not get tested for COVID-19



You **must self-isolate** (regardless of YOUR vaccination status) for **10 days from symptom onset**.

- Everyone in your household who is **not** fully vaccinated (2 doses + 14 days post vaccination) must also self-isolate **for 10 days from last exposure to that symptomatic individual.**
- Household members who **are** fully vaccinated and asymptomatic do not need to self-isolate but should self-monitor for symptoms.



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

www.rcdhu.com