

COVID-19 self-assessment result

We recommend that you go to a COVID-19 assessment centre to get tested as soon as you can if you have any symptoms.

1. Get tested

Find and go to the nearest assessment centre for a COVID-19 test.

What to expect

- the main type of testing is done with a nose swab
- wear a face covering or mask while waiting to be tested

2. Except for testing, stay home for 14 days

This is called **self-isolation**. You could be carrying the virus without knowing it and spread it to people in your community.

The 14 days start from the date you began experiencing symptoms.

Do not go into public spaces unless it is for a critical reason (like going to an assessment centre or for a medical emergency).

These are general guidelines. Follow the instructions of the assessment centre staff after getting tested.

Face coverings and masks

- use one when you are on the way to get a test or visit a hospital
- cover both your mouth and nose
- **do not** touch it without washing or sanitizing your hands first

- [learn how to wear and use face coverings and masks \(https://www.ontario.ca/page/face-coverings-and-face-masks\)](https://www.ontario.ca/page/face-coverings-and-face-masks)

Groceries, medications, and essential items

- get someone who does not live with you to deliver these items
- place orders over the phone or online
- **do not** go into stores or supermarkets in person

Work and workspaces

- work from home (if possible)
- if you cannot work from home, call your manager and occupational health and safety representative
- let them know if you are experiencing symptoms or have been instructed to self-isolate
- discuss your next steps with them to make sure you and your company are taking the right safety precautions

Roommates and family you live with

- they should self-isolate too
- stay in a room away from them (if possible)
- use a different bathroom (if possible)
- keep a distance of at least 2 metres in shared spaces like kitchens or living rooms
- wear a face covering or mask when you are around them

People you do not live with

- only contact them over the phone or online
- **do not** invite them over or socialize in person

[Get more tips on how to safely self-isolate. \(https://www.ontario.ca/page/covid-19-stop-spread#section-3\)](https://www.ontario.ca/page/covid-19-stop-spread#section-3)

3. Tell people you have been in close physical contact with

If you were in close physical contact with someone in the 2 days before your symptoms started, you should tell them to:

- self-isolate
- pay attention to their health and note if anything changes
- take this self-assessment

Close physical contact means:

- being less than 2 metres away in the same room, workspace, or area
- living in the same home

4. Monitor your health

Pay attention to your health and note if anything changes **for 14 days** after your symptoms started.

Your doctor or the assessment centre will tell you your next steps and if you need to be re-tested.

Most COVID-19 illnesses are mild. If you start to experience worsening symptoms, please visit your local emergency department. Call before you go and let them know you have used this self-assessment.

Roommates and family you live with

- they should note any changes to their health too
- young children might have less specific symptoms like sluggishness or lack of appetite