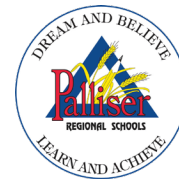


Responding to Illness for Adults 18 years and Older



This visual guide below is intended to clarify current health requirements depending on the symptoms (see [symptoms](#) and [isolation guidelines](#)).

Core COVID-19 Symptoms

- Fever (above 38 °C or 100.4°F)
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

Requirements for 'Core' Symptoms

If any individual has one of the 'Core' COVID-19 symptoms above, they must do the following before returning to school or work:

- 1) Receive a negative COVID-19 test result and no longer be presenting any symptoms

OR

- 2) Stay home for a minimum of 10 days (or longer if they still have symptoms)

Other Symptoms

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis (pink eye)

Requirements for 'Other' Symptoms

If any individual has one of the 'Other' illness symptoms above, they must do the following:

- 1) A COVID-19 test is recommended, but not required. The sick person must stay home and minimize contact with others until feeling better.
- 2) Before returning to school or work, the sick person must be completely free of all illness symptoms. No student with symptoms will be allowed at school.

You Have To Self-Isolate If:

- you test positive for COVID-19.
- you have any symptoms listed in the 'Core' or 'Other' symptoms above (please note the different requirements for each set of symptoms).
- you have been in contact in the last 14 days with someone known to have COVID-19. **AHS will inform close contacts directly.**
- you travelled outside Canada within the last 14 days.

You Do Not Have To Self-Isolate If:

- you have **not** been exposed to someone known to have COVID-19 and you have not travelled outside of Canada within the last 14 days.
- you have tested negative for COVID-19 and have no symptoms of illness.
- you have symptoms of illness that **are related** to a pre-existing illness or health condition, and are not new.
- you are waiting for results and you did not have symptoms when you were tested and do not have any now.
- you are in contact with someone who has symptoms but IS NOT a case of COVID-19.