If you have symptoms of COVID-19 or the flu, stay home and self-isolate.

If your symptoms have been improving for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea).

If you no longer have a fever.

If you have not developed any additional symptoms.

For the remainder of the 10 days that began when your symptoms started:

Wear a well-fitted mask in all public settings.

Avoid non-essential activities where you need to take off your mask (for example, dining out).

Avoid non-essential visits with anyone who is immunocompromised or may be at higher risk of illness (e.g. seniors).

Avoid non-essential visits to highest risk settings in the community such as hospitals and long-term care homes.