

# COVID-19 SYMPTOMS & ISOLATION QUICK REFERENCE



## SYMPTOMS

**PRIMARY SYMPTOMS** | Legally required to **isolate for 10 days** from the start of symptoms or until they resolve, whichever is longer:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

**SECONDARY SYMPTOMS** | **Stay home and minimize contact** with others until symptoms resolve:

- 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, commonly known as pink eye



Monitor your health and call **Health Link 811** if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

## MANDATORY ISOLATION

### COVID-19 SYMPTOMS

You are legally required to isolate for a minimum of 10 days (from the start of symptoms, or until symptoms resolve, whichever takes longer) if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.

### TESTED POSITIVE FOR COVID-19

You are legally required to isolate for a minimum of 10 days (from the start of symptoms, or until symptoms resolve, whichever takes longer) if you have tested positive for COVID-19.

### SYMPTOMS BUT TESTED NEGATIVE FOR COVID-19

If known COVID-19 exposure, you are legally required to isolate for 14 days. If no known exposure, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.

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