



WHAT DO I DO IF I HAVE* ANY COVID-19 SYMPTOMS?

UPDATED - Guidance on Testing and Isolation. Effective - February 22, 2021



SYMPTOMATIC PERSON

HOUSEHOLD MEMBERS

1.

ANY person (adult or child) with ANY COVID-19 symptoms (even if it is just one symptom) must self isolate AND get tested.

2.

The person with symptoms can go back to school/work when they receive a negative test result

AND

their symptoms are improving

AND

they have not had a fever (without medication) for 24 hours.

1.

Household members must also self-isolate but do not need testing if they do not have any symptoms.

2.

Household members can go back to school/work when the person with symptoms has received a negative result.



The guidance on testing and isolation has changed due to the concern about COVID-19 variants that are more transmissible AND spreading in our communities.



If the symptomatic individual does not get tested for COVID-19, then all members of the household must quarantine for 14 days from their last contact with the symptomatic individual.



A doctor's note IS NOT required for return to work/school, once the above criteria have been met.

*The most up to date information can be found online at [RCDHU.COM](https://www.rcdhu.com)