

Covid-19 Symptom Guide for Adults and Youth 12 and Older

Self Isolation

- If you have symptoms (with a positive Rapid Antigen test), stay home and **self-isolate for 5 days after your positive test date**. After 5 days, you can stop isolating if you no longer have a fever and your symptoms have improved for at least 24 hours.
- If you have symptoms (without a positive Rapid Antigen test), stay home and **self-isolate for 5 days after your symptoms started**. After 5 days, you can stop isolating if you no longer have a fever and your symptoms have improved for at least 24 hours.
- If you have less than 2 doses of a covid vaccine, if you were hospitalized in an intensive care unit (ICU) with severe COVID-19 illness, or have a severe immune compromise (e.g., cancer chemotherapy, untreated HIV infection, or on immune compromising medications), you will have to **self-isolate for 10 days**. After 10 days, you can stop isolating if you no longer have a fever and your symptoms have improved for at least 24 hours.
- **Your household members must also isolate for 5 days** whether or not they have symptoms. If symptoms develop, follow the instructions above and isolate for 5 or 10 days (based on their immunization and immune status) after their symptoms start.

***** If your symptoms continue or are not improving, continue your isolation longer** than this timeframe, until you have no fever AND your symptoms have been considerably improving for 24 hours.

(These timelines are based on changes to the isolation requirements in Ontario announced December 30, 2021. These may be subject to change. Please consult the Ontario Ministry of Health and/or the Grey Bruce Health Unit website for current isolation recommendations)

Your Contacts

- Notify any contacts that you have had from 48 hours prior to when your symptoms started, as your contacts will need to isolate.
- Notify your employer of your symptoms, as necessary.

Monitoring your illness

It is helpful if you record your symptoms (including whether they are better or worse), and any information such as temperature, pulse, and breathing rate. If these are getting worse, you can discuss these with your health care provider.

General Advice While You Are Ill With COVID-19

Call 9-1-1 if	You have severe trouble breathing or severe chest pain You are very confused or not thinking clearly You pass out (lose consciousness)
Call the Clinic 519-470-3030 or Call Telehealth Ontario 1-866-797-0000 if	You have new or worse trouble breathing Your symptoms are getting worse You start getting better and then get worse You have severe dehydration such as: <ul style="list-style-type: none">- Having a very dry mouth- Passing only a little urine- Feeling very light-headed

Similar to influenza, COVID-19 is most often a longer recovery than “a virus”.

The typical symptoms are cough, fever and fatigue but you may also have breathlessness, muscle aches, sore throat, nasal congestion, runny nose, headache and loss of sense of smell / taste.

Rest – fatigue can be a marker for low oxygen, and it makes sense NOT to do anything that triggers your heart or breathing rate to go up too much. If you have a pulse oximeter it can measure your oxygen levels after different activities to guide the level of activity that is OK for you.

Change Positions - to aid breathing you should change positions to help move secretions and reduce the mechanical work of breathing as much as possible.

Hydrate – prevent dehydration by drinking more fluid than you usually would as fever, sweating and cough mean you lose more body fluids. As a guide, the colour and volume of your fluid intake should be similar to when you are not ill. If you are not drinking enough your urine will get darker.

Foods – continue foods and snacks when possible It is common for appetite to be down, so make sure you are taking in plenty of fluids

Medications

- **Over the counter medications** can be taken to help Covid-19 symptoms. If possible take Acetaminophen/Tylenol based medications rather than Ibuprofen/Advil/Motrin based medications.
- In general, **continue your regular medications**.
- If you have **asthma or COPD**, continue your regular medications/inhalers, but contact the clinic if your breathing is worsening
- If you have **diabetes**, continue your regular medications, but contact the clinic if you feel unwell with nausea, vomiting, diarrhea, poor appetite, low fluid intake, or reduced urine
- If you have **high blood pressure or heart disease**, continue your regular medications, but contact the clinic if you feel unwell with nausea, vomiting, diarrhea, poor appetite, low fluid intake, or reduced urine
- If you take an **immunosuppressant medication**, contact your specialist to determine if you should continue to take this or if it should be temporarily paused.