











# Do not go to school if you are sick with ANY symptoms.

**Red =**  
self-isolate for  
five days if  
you have **any**  
**of these**  
**symptoms.**

1	Fever or chills	
2	Cough	
3	Trouble breathing	
4	Decrease or loss of taste or smell	

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5	Muscle aches or joint pain	
6	Extreme tiredness	
7	Sore throat or difficulty swallowing	
8	Runny nose or stuffy nose	
9	Headache	
10	Nausea, vomiting, or diarrhea	

**Orange =**  
self-isolate for  
five days if you  
have **two or**  
**more** of these  
symptoms.

Students aged  
12+ who are not  
vaccinated must  
isolate for 10  
days.

[Ontario School Screening Tool](#)

Someone in our home  
feels sick  
(see visual list)



Stay home for 5  
days.



Return to  
school if  
feeling better.



Stay home if  
still feeling  
sick.



Students aged 12+ who are not  
vaccinated must isolate for 10 days.

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## You have symptoms and are concerned you may have COVID-19. Now what?

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting\*

