

Coronavirus Disease 2019 (COVID-19)

# Frequently Asked Questions

## *Self-isolation vs Self-quarantine*

**Follow the advice that you have received from your health care provider.**

**If you have questions, or you start to feel worse, contact the nursing station/health center, your health care provider, Telehealth (1-877-797-0000) or your local public health unit.**

### What is self-isolation?

- Self-isolation is when you are sick with COVID-19 symptoms and you have been told to stay away from other people as much as possible to prevent the spread of the virus.

### What is self-quarantine?

- Self-quarantine is for people who have travelled to an area with COVID-19 or who have been in contact with someone with COVID-19, but who are not sick.
- They are told to stay home and check for symptoms because they might become sick.

### Who should self-isolate?

- People with a positive lab test
- People with symptoms waiting for test results
- People with symptoms of COVID-19 who may have a history of travel or of contact with another person with COVID-19

*In general, if people have any symptoms they should stay home and away from other people as much as possible.*

### Who should self-quarantine?

- People without symptoms, but with travel history to an area with COVID-19.
- People without symptoms who have had close contact history with someone who has COVID-19.



## How long should self-isolation or self-quarantine be?

- Self-isolation → generally at least 10 days from the onset of symptoms and they must have no symptoms at all for 2 days before ending their self-isolation.
- Self-quarantine → generally 14 days after they returned from travel or had contact with someone who does or may have COVID-19.

## Who can ask that a person self-isolate or self-quarantine?

An individual can decide that they are going to stay home if they are not well, or may be asked to self-isolate or self-quarantine by:

- Community leadership
- Health care provider – a doctor, nurse, or nurse practitioner
- Local public health unit – medical officer of health (MOH) or nurse
- FNIHB CD Unit may recommend

## Stay informed

You can access up to date information on COVID-19 on the Ontario Ministry of Health's website:  
[ontario.ca/coronavirus](https://ontario.ca/coronavirus)