



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

UPDATED Guidance on
Testing and Isolation.
Sep 22, 2020



SYMPTOMATIC PERSON

1.

The person with symptoms **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

it has been **24 hours** since symptoms started improving

AND

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

HOUSEHOLD MEMBERS

1.

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

2.

Household members can continue to attend school and work with careful attention to **physical distancing, masking** and **hand-washing** rules.



Minor symptoms known to persist in children (i.e. runny nose) should not keep the child away from school, so long as a **negative test result** has been received **AND** it has been **24 hours** since symptoms started improving **AND** they have **not** had a fever (without medication) for **24 hours.**



If a person **with symptoms** does not get tested, they **must self-isolate for 14 days** from the **onset of symptoms.**



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**