



What to do if you think you have COVID19.

Updated August 31st, 2022

- With the removal of the mandatory 5 days of isolation, individuals who feel ill should isolate themselves while symptomatic and return to work or school 24 hours after their symptoms come to an end.
- To limit the spread of COVID-19 and other respiratory diseases, masks should be worn for 10 days after an individual ends their voluntary isolation period, and to avoid high-risk settings such as elder lodges.