When should you self-isolate

You tested positive
If you don't develop any symptoms, you need to self-isolate for 10 days from the date of your screening test.
If you do develop symptoms, you need to self-isolate until all of the following conditions are met:
- 10 days have passed since your symptoms first appeared
- You have had no fever for at least 48 hours (without having taken fever medicine)
- Your symptoms have improved for at least 24 hours (excluding cough or loss of smell, which may last longer)

You have COVID-19 symptoms
If you have symptoms such as fever, the onset or worsening of a cough, difficulty breathing or a sudden loss of smell without nasal congestion (with or without loss of taste), you need to self-isolate and get tested. The COVID-19 Symptom Self-Assessment Tool provides recommendations on what steps to take based on your condition. Go to Québec.ca/decisioncovid19 to evaluate your symptoms.

You are waiting to take the test or find out your results
While awaiting your test results, you'll need to self-isolate if:
- You have symptoms of COVID-19 or had them in the last 10 days
- You have been flagged by public health authorities as having been in contact with a COVID-19 case
- You have returned from a trip abroad

If you meet none of these criteria, you do not need to self-isolate.

You have been in contact with a confirmed case of COVID-19
If you don't develop any symptoms, you'll need to self-isolate for 14 days from your last contact with the confirmed case of COVID-19 even if your COVID-19 test result is negative.
If you do develop symptoms, you’ll need to self-isolate until all of the following conditions are met:
- 10 days have passed since your symptoms first appeared
- You have had no fever for at least 48 hours (without having taken fever medicine)
- Your symptoms have improved for at least 24 hours (excluding cough or loss of smell, which may last longer)

You are returning from abroad
All travellers entering Canada are required to self-isolate for 14 days, even if their COVID-19 test result is negative.

To make the best possible decisions for your own health and that of your loved ones during the COVID-19 pandemic, consult the Self-Care Guides. They will provide you with the best ways to protect yourself from COVID-19, take care of yourself, provide basic care to family members and friends, and where and when to consult a health professional if you need care or services.

Québec.ca/selfisolating 1 877 644-4545

Self-isolation means stay at home

- Do not go to school or work, to an early childhood or daycare centre, or to any public place such as a stores, supermarkets or pharmacies.
- If you live in a private home for seniors, remain in your own unit and do not walk around the building. We recommend that you have your meals delivered to you, thus avoiding the need to move around inside the residence.
- Do not go out for walks.
- Do not take public transit.
- If no one can help you with your supermarket or pharmacy purchases, try the home delivery services offered by many stores. Stay at least two metres away from the delivery person.
- Don't allow any visitors into your home.

The people living with you can continue with their usual activities (work, school, daycare, etc.) as long as they themselves are not under a self-isolation order, such as while awaiting test results, after having been in contact with a confirmed case of COVID-19, or after returning from a trip abroad, etc).

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