

HAVE YOU BEEN DIAGNOSED AS A PROBABLE CASE OF COVID-19?

A probable or “clinically diagnosed” case of COVID-19 means you have symptoms compatible with COVID-19 and a health care provider has diagnosed you with COVID-19, but you have not had a test for it (i.e., had someone take a swab of your nose) or your test results were inconclusive.

WHAT SHOULD I DO IF I HAVE BEEN DIAGNOSED AS A PROBABLE CASE?

- **Immediately self-isolate for 14 days from when your symptoms began**

This means:

- Stay at home. Do not go to work or other public areas
 - Separate yourself from other people in your home. Wear a mask when you cannot maintain a physical distance of 2-metres (6 feet)
 - Follow infection prevention and control measures listed below
 - Seek services over the phone or online or ask for help from friends, family or neighbours. Do not go out into the community for needs like shopping, and re-schedule all non-urgent medical visits
- If possible, get tested for COVID-19 at a [COVID-19 Assessment Centre](#).
 - Seek prompt medical attention if your illness worsens. If you require medical attention, [use a private vehicle](#). Do not use public transportation and if you are critically ill with severe symptoms and require emergency attention, phone 911 and let them know you’ve been clinically diagnosed with COVID-19.
 - Your self-isolation can end 14 days after your symptoms began, as long as you have no fever and your symptoms have gotten better.
 - For more information, see the [self-isolation fact sheet](#) on york.ca/covid19 or from [Public Health Ontario](#)

CLOSE CONTACTS SHOULD ALSO SELF-ISOLATE

You are required to tell anyone you had close contact with from 48 hours before your symptoms started until you started self-isolating that they also should self-isolate for 14 days from their last contact with you. Examples of close contacts include people you live with, people that provide physical care for you (e.g., bathing, feeding, toileting) or that you provide care for, close friends you visited with, intimate partners or coworkers you spent time with. People living with you may need to self-isolate for longer than 14 days, depending on symptom onset and recovery.

While self-isolating, close contacts should monitor themselves for [symptoms](#) of COVID-19 (e.g., fever, cough, difficulty breathing, etc.) If symptoms develop, they should seek assessment and testing at a [COVID-19 Assessment Centre](#).

For more information, see [How to Quarantine \(Self-isolate\) at Home when You May Have Been Exposed and Have No Symptoms](#) from the Public Health Agency of Canada.

INCREASE INFECTION PREVENTION AND CONTROL MEASURES

- Wash your hands often with soap and water or alcohol-based hand sanitizer [Steps to proper handwashing video available on york.ca/covid19](#)
- Stay in a separate room, away from other people in your home as much as possible and use a separate washroom, if possible
- Do not have visitors to your home, unless they are essential
- Avoid sharing items that can come into contact with saliva, such as toothbrushes, eating utensils, cups/bottles, towels, bedding
- Clean and disinfect all frequently touched surfaces in your home, including bathroom and toilet surfaces, at least once a day and when contaminated with respiratory secretions
- View the [COVID-19 self-isolation advice](#) fact sheet

