

DATED 21 JANUARY 2022



DURATION OF ISOLATION

IF YOU ARE IN ONE OF THE FOLLOWING SITUATIONS:

- I have tested positive for COVID-19
- I have symptoms of COVID-19 and have not been tested
- I live under the same roof as someone who has COVID-19*
- I am in a relationship with a person who has COVID-19 and who does not share my home*



Isolation begins from the date of onset of symptoms, from the date of the sample if no symptoms or from the same date as the contact case.

12 years and over		Less than 12 years
Adequately vaccinated and for contacts	5 DAYS¹ (the next 5 days with wearing a mask)	5 DAYS and redo a quick test after the 5 th and day. <ul style="list-style-type: none"> • If the test is positive, continue isolation for another 5 days. • If the test is negative, the child can resume his activities¹ (the next 5 days with wearing a mask for children over 5 years old).
Not adequately vaccinated	10 DAYS	

1.If symptoms improve and after at least 24 hours without fever.

If you are a **healthcare worker**, communicate with your community to receive the instructions for lifting the isolation and returning to work.

* If you develop symptoms, continue your isolation and get tested.

[Quebec.ca/isolation](https://quebec.ca/isolation)

Specifics may apply, consult [Québec.ca/isolation](https://quebec.ca/isolation).