I'm Worried That I Have COVID-19. Now What?

We all should take steps to protect ourselves and reduce the spread of the virus. Actions like washing our hands, staying 2 metres (6 feet) apart from each other, and covering coughs and sneezes are important for everyone right now. But what if you’ve been exposed? What if you have symptoms? This chart will help you know what steps to take next.

Does this describe you?

✔ You have life-threatening symptoms such as:
  • Severe trouble breathing. (You can't talk at all.)
  • Constant chest pain or pressure.
  • Confusion or trouble thinking clearly.
  • A blue colour to your face or lips.

CALL 911 or other emergency services now.

Does this describe you?

✔ You have serious symptoms such as:
  • Moderate trouble breathing. (You can't speak a full sentence.)
  • Coughing up blood [more than about 1 teaspoon (5 mL)].
  • Signs of low blood pressure. These include feeling light-headed; being too weak to stand; and having cold, pale, clammy skin.

Get medical care now.
  • Call before you go.
  • Wear a face mask if you have one.
Does this describe you?

✔️ You have symptoms of COVID-19 (fever, cough, shortness of breath).

Stay home (self-isolate).
- Do not leave home unless you need medical care.
- Separate yourself from others, including those you live with.
- Wear a face mask, if you have one, anytime you are around others.

Call your doctor.
- They may want you to be tested. They can also tell you how long you need to stay isolated.
- This is especially important if you are an older adult or have a serious health problem that puts you at higher risk.

Watch for symptoms that get worse.
- If you get sicker, call your doctor. You may need medical care.

Does this describe you?

✔️ You’ve had close contact with an infected person, but you don’t have symptoms.

“Close contact” means that you’ve spent time within 2 metres (6 feet) of a person known to have COVID-19 (such as living with, visiting, or caring for them). It can also occur if an infected person coughs or sneezes on you.

Stay home (self-isolate) for 14 days.
- Do not leave home unless you need medical care.
- Separate yourself from others, including those you live with.
- Wash your hands often and well.

Watch for symptoms (fever, cough, shortness of breath).
- If you become ill, call your doctor.

Does this describe you?

✔️ You may have had contact with COVID-19, but not close contact.

Examples include being in a building where someone with COVID-19 has been or briefly passing by a person with COVID-19.

Keep your hands and home clean, and practice social distancing.
This type of contact does not put you at higher risk of getting COVID-19. Frequent handwashing and limiting contact with others are the keys to protecting yourself and everyone else.

This information does not apply to health care workers or people living in long-term care or residential facilities.