DURATION OF ISOLATION
IF ONE OF THE FOLLOWING SITUATIONS APPLIES TO YOU:

• My COVID-19 test result was positive
• I have COVID-19 symptoms and have not taken a screening test
• I live in the same home as someone who has COVID-19*
• I am in a couple relationship with someone who has COVID-19 but does not live with me*

The risk of reinfection with COVID-19 is low within a three-month period. It is therefore not necessary to isolate yourself or take a screening test if you have already had COVID-19 since December 20, 2021.

<table>
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<tr>
<th>12 years up</th>
<th>Less than 12 years of age</th>
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<td><strong>5 DAYS</strong> (masking required for the 5 following days)</td>
<td><strong>5 DAYS</strong> and another rapid antigen test after day 5.</td>
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| For those not adequately vaccinated with symptoms or positive for COVID-19 isolation is **10 DAYS**. | • If the test result is positive, extend isolation by another 5 days.  
• If the test result is negative, the child can resume normal activities (masking required for children 5 years of age and older). |

1. If symptoms improve and after no fever is measured for at least 24 hours.

Isolation starts either from the date of symptoms onset, date of test if there are no symptoms, or date when contact with an infected person occurred.

If you are a **health worker**, contact your place of work for instructions on ending isolation and returning to work.

* If you develop symptoms, extend your isolation and take a screening test.

**Québec.ca/isolement**

Special conditions may apply. See details on Québec.ca.