The risk of COVID-19 reinfection within 3 months of a previous infection is low. You therefore do not have to self-isolate or get tested if you have already had COVID-19 since December 20, 2021.

<table>
<thead>
<tr>
<th></th>
<th>Age 12 or older</th>
<th>Under age 12</th>
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</table>
| I tested positive for COVID-19. | **5 DAYS**¹  
For the next 5 days, avoid contact with vulnerable individuals and wear a mask during all social interactions. | **5 DAYS**  
and do a second a rapid test on Day 5.  
• *If the test is positive,* continue isolation for 5 more days.  
• *If the test is negative,* the child can resume normal activities¹ (continue masking for 5 more days for children age 5 and older). |
| I have symptoms of COVID-19 and I didn’t get tested. | Individuals not fully vaccinated with COVID-19 symptoms or positive test must isolate for **10 DAYS**. |                                                |
| I live under the same roof as someone with COVID-19. | **NO ISOLATION**  
(For 10 days, watch for symptoms, avoid contact with vulnerable individuals, and wear a mask during all social interactions.) |                                                |
| I’m in a relationship with someone who has COVID-19, but we don’t live together. | Unvaccinated individuals who have never had COVID-19 must isolate for **5 DAYS**². For the next 5 days, avoid contact with vulnerable individuals and wear a mask during all social interactions. |                                                |
| All other situations | **NO ISOLATION** |                                                |

¹. If their symptoms improve and they have not had a fever for at least 24 hours.  
². If you develop symptoms, you should start a new period of isolation and get tested.

Self-isolate from the date symptoms started, the test date if you have no symptoms, or at the same time as your contact.

If you are a **healthcare worker**, contact your workplace for instructions.

Québec.ca/isolement