

# What do I do?

## COVID-19 FAQ

### I have symptoms of COVID-19 or have tested positive on a PCR or rapid antigen test

You should self-isolate and follow these instructions:

- Isolate until symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms such as vomiting or diarrhea) and you do not have a fever.
- If you have a positive test result and no symptoms, you do not need to self-isolate unless symptoms develop, but you should follow the precautions below. If you develop symptoms, self-isolate immediately.

For a total of 10 days after the start of symptoms (or date of positive test result, whichever is earlier), you should:

- Continue to wear a well-fitted mask in all public settings.
- Wear a mask as much as possible in public settings, including school and child care, unless under 2 years old (24 months). Exceptions would include removing the mask temporarily for essential activities like eating (e.g., when eating in shared space at school/work while maintaining as much distance from others as possible).
- You can participate in activities where a mask is worn but you should avoid non-essential activities where removing the mask would be necessary (e.g., dining out, playing a wind instrument, high contact sports where masks cannot be safely worn).
- People who are exempt from masking (e.g., children under two years of age (24 months), etc.) may return to public settings without wearing a mask

### I was exposed to someone who has symptoms or tested positive for COVID-19

You should follow these instructions:

- You are not required to self-isolate if you do not have symptoms.

If you develop symptoms of COVID-19, you should assume that you are positive for COVID-19 and follow [these self-isolation instructions](#).

- For a total of 10 days after [the last contact](#) with the person who has symptoms or tested positive for COVID-19 (on a PCR or rapid antigen test), you should:
- Self-monitor for symptoms and self-isolate immediately if you develop any symptom of COVID-19. [Follow the instructions above if you have tested positive on a PCR or rapid antigen test or have symptoms of COVID-19.](#)



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