

# THREE KEY NUMBERS FOR COVID-19

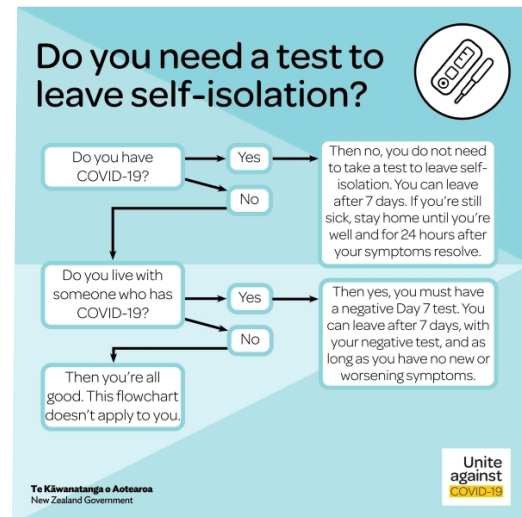
April 2022

## 1 7 DAYS – Returning from isolation

Once someone tests positive for COVID-19 they (and their household) are required to isolate for 7 days (the positive test date is counted as day 0).

**At the end of the 7 day period the person with COVID-19 can return to work as long as they are asymptomatic (have no symptoms).** If there are symptoms, they must wait until 24 hours after symptoms end to leave isolation.

**There is no need to retest after a person tests positive for COVID-19. It may show they are positive (for several weeks) even when no longer contagious.**



## 2 28 DAYS – No need to test

You should not have further COVID-19 tests for 28 days from when your symptoms started or when you tested positive, whichever came first. If you have symptoms, isolate until symptoms are gone.

## 3 3 MONTHS – Isolation not required for Household Contacts after recovering from COVID-19

After you have recovered from COVID-19, you do not need to isolate as a Household Contact for 3 months, if someone else in your household tests positive during this time.

After 28 days, if you get new symptoms, take a RAT. If it is positive, you would be considered a new case — you will need to re-isolate and follow the guidance for people who have COVID-19.

While you can get COVID-19 again at any time, the chance of reinfection in the 3 months after recovery is low.



*This flowchart shows info for Household Contacts who did not catch COVID-19 during a previous isolation period.*