

COVID-19 Symptom List for High Risk Contacts

As a High Risk Contact, monitor yourself for COVID-19 symptoms for 10 days after your exposure to the person who tested positive for COVID-19. If you have or develop any of the symptoms listed below, call your local Public Health Unit, get tested, and self-isolate, regardless of your vaccination status. If your symptom is related to a known cause or condition and has not changed or worsened over time, additional testing may not be advised - please discuss next steps with Public Health. School families can call 1-866-236-0123 and members of the general public can call 1-800-660-5853, ext. 2222.

- Fever (37.8°C / 100°F or higher)
- Chills
- Cough (new, worsening, or coughing more than usual if you have a chronic cough)
- Shortness of breath (feeling out of breath, unable to breathe deeply, wheezing)
- Decrease or loss in sense of taste or smell
- Fatigue (lack of energy, extreme tiredness, general feeling of being unwell)
- Muscle aches and pains
- Nausea, vomiting, and/or diarrhea
- Sore throat
- Runny nose
- Stuffy nose (nasal congestion)
- Stomach pain
- Headache
- Pink eye (conjunctivitis)
- Decrease or lack of appetite

For additional information on how to keep everyone in your household safe, see [Guidance for High Risk Contacts and Household Members](#).