### My COVID-19 Day Tracker

There is a lot of information and important details to keep organized after you test positive for COVID-19.

This worksheet is to help you organize important dates like when your symptoms started, you tested positive for COVID-19, you were infectious, or how long you need to self-isolate. Fill in the dates that apply to you.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>My symptoms started or my positive test was taken.</td>
<td>2 days before (48 hours): I may have been infectious. Notify any close contacts.</td>
<td>Day/Date:</td>
<td>1 day before (24 hours): I may have been infectious. Notify any close contacts.</td>
<td>Day/Date:</td>
<td>Day/Date:</td>
</tr>
</tbody>
</table>

**Day 7**

Day/Date:  

**Day 8**

You can leave isolation here if you are fully vaccinated, 11 years or under, and your symptoms have improved (no fever for 24 hours).

Day/Date:  

**Day 9**

Day/Date:  

**Day 10**

Day/Date:  

**Day 11**

You can leave isolation here if you are not fully vaccinated, as long as your symptoms have improved and you haven’t had a fever for at least 24 hours.

Day/Date:  

Find more information on nshealth.ca/coronavirus

Updated January 18, 2022