

COVID-19 Public Health Guidance: COVID-19 High-Risk Contact and Testing

COVID-19 High-Risk Contacts:

Have you been identified as a **high-risk contact** by Public Health? The first step is to follow the guidance received by Public Health and seek a PCR COVID-19 test. PCR testing locations are found at: [COVID-19 testing locations \(ontario.ca\)](#).

What to do if you were in contact with someone that has COVID-19:

	Fully Vaccinated, No Symptoms	Fully Vaccinated, Symptoms	Unvaccinated, With or Without Symptoms
Step 1	Get tested with a PCR test	Get tested with a PCR test	Get tested with a PCR test
Step 2	Limit contact with high risk groups (older adults, unvaccinated individuals, those who may be immunocompromised). Self-monitoring for symptoms is recommended, if you experience symptoms please isolate immediately.	Self-isolation is required while waiting for results	Self-isolation is required while waiting for results and for 10 days after exposure

This guidance is dependent on many factors. Please always follow Public Health (including Peterborough Public Health and Public Health Ontario) guidance and self-isolate if requested.

COVID-19 Testing:

There are several reasons to get tested, but did you know that each test is used differently? Rapid Antigen Testing **does not** provide positive or negative diagnosis of COVID-19. Rapid Antigen Testing is used for enhanced screening. This may include,

- routine testing before going to work, or
- entering high-risk settings.

PCR testing is used as a diagnostic tool. Seek PCR testing if you:

- Have symptoms of COVID-19
- Are exposed to a person with COVID-19
- Are instructed to be tested by Public Health

Test	Used for Screening (i.e. no symptoms, no known exposure)	Used for Diagnosis (i.e. have symptoms, exposure to COVID-19)	Where testing can be found
Rapid Antigen Test	Yes	No	<ol style="list-style-type: none"> 1) Participating pharmacies 2) Available through some employers (for employees) 3) For screening use
PCR Test*	Yes	Yes	<ol style="list-style-type: none"> 1) Covid-19 Assessment Centres (based on having exposure or symptoms) 2) Participating pharmacies/labs (based on being asymptomatic and having no exposure)

*If you are required to receive a PCR test, please ensure you confirm you are receiving a PCR test when attending a testing centre or pharmacy.