

COVID-19: Case and Contact Guidance

<p>Received positive PCR test results?</p>	<ol style="list-style-type: none"> 1. Isolate immediately and expect to isolate for at least 10 days 2. You will be contacted by someone from public health, due to the recent surge in cases, this may take several days. 3. Alert your household contacts to isolate as well for 10 days. Alert other close contacts you have had in the past 2-3 days to self-isolate for 10 days if they are unvaccinated, and if they are fully vaccinated to monitor for symptoms. Learn more about identifying close contacts. <p>NOTE: Public health will only be following up with confirmed cases based on PCR tests, we are not following up with contacts. Please ensure you notify your own household members and close contacts so they are aware of the possible exposure and can take appropriate action. Public health will follow up with contacts in high-risk settings.</p>
<p>Received positive Rapid Antigen test (RAT) results?</p>	<ol style="list-style-type: none"> 1. Isolate immediately and expect to isolate for at least 10 days 2. Alert your household contacts to isolate as well for 10 days. Alert other close contacts you have had in the past 2-3 days to self-isolate for 10 days if they are unvaccinated, and if they are fully vaccinated to monitor for symptoms. Learn more about identifying close contacts. 3. Seek PCR Testing 4. Report positive result, please complete the online RAT Reporting Form 5. NOTE: Public health will only be following up with confirmed cases based on PCR tests, we are not following up with contacts. Please ensure you notify your own household members and close contacts so they are aware of the possible exposure and can take appropriate action. Public health will follow up with contacts in high-risk settings.
<p>Experiencing COVID-19 Symptoms or any respiratory symptoms?</p>	<ol style="list-style-type: none"> 1. Seek PCR Testing 2. While awaiting testing, self-isolate for at least 10 days since the onset of symptoms <ol style="list-style-type: none"> a. If you receive a negative PCR test you can end isolation once symptoms have improved and no fever for 24 hours 3. If unable to access PCR testing or PCR test is positive, self-isolate for 10 days from when symptoms began or you first tested positive on RAT 4. If RAT positive, please complete the online RAT Reporting Form 5. Alert your household contacts to isolate as well for 10 days. Alert other close contacts you have had in the past 2-3 days to self-isolate for 10 days if they are unvaccinated, and if they are fully vaccinated (2 doses) to monitor for symptoms. Learn more about identifying close contacts.

	<p>NOTE: Public health will only be following up with confirmed cases based on PCR tests, we are not following up with contacts. Please ensure you notify your own household members and close contacts so they are aware of the possible exposure and can take appropriate action. Public health will follow up with contacts in high-risk settings.</p>
<p>Did someone in your household notify you that they have tested positive with RAT or PCR test or are experiencing COVID-19 symptoms and awaiting testing?</p>	<ol style="list-style-type: none"> 1. Seek PCR testing immediately and 7 days after exposure 2. Self-isolate for 10 days from the last date of exposure – regardless of your vaccination status 3. If you develop symptoms, follow the above guidance “Experiencing COVID-19 Symptoms?”
<p>Did someone you have had close contact with notify you that they have tested positive with a RAT or PCR test or are experiencing symptoms and awaiting testing?</p>	<ol style="list-style-type: none"> 1. Seek PCR testing immediately and 7 days after exposure 2. If you are unvaccinated, self-isolate for 10 days from the last date of exposure 3. If you are immunocompromised, self-isolate for 10 days from the last date of exposure – regardless of your vaccination status 4. If you are vaccinated, self-monitor for symptoms for 10 days from the last date of exposure and seek testing if symptoms develop 5. Regardless of vaccination status: Do not attend any high-risk settings for non-essential purposes (e.g. health care facilities, congregate living settings, or child care settings) <ol style="list-style-type: none"> a. Attending high-risk settings for work will only be permitted if your employer has notified PPH of a critical staffing shortage requiring you to work and you are able to “work self-isolate” 6. If you develop symptoms, follow the above guidance “Experiencing COVID-19 Symptoms?”
<p>Workplaces with possible exposure from customer or staff.</p>	<ol style="list-style-type: none"> 1. See “What is a Close Contact” below to identify if your staff may be considered close contacts 2. If a close contact exposure is identified, follow the guidance for close contacts <p>NOTE: PPH is only investigating exposures in high-risk settings, e.g. health care facilities, congregate living settings, or child care settings. If you work in one of these facilities and need to report a possible exposure, please contact 705-743-1000 and follow the prompts.</p>
<p>When can I end self-isolation?</p>	<ul style="list-style-type: none"> • It has been 10 days since your symptoms began, or since you tested positive without symptoms, or since you were last exposed and you are asymptomatic; AND • Your symptoms have been resolving for 24 hours and you do not have a fever (without the use of fever-reducing medication) • Symptoms of diarrhea or vomiting have been resolved for 48 hours <p>OR</p>

	<ul style="list-style-type: none">• You were not exposed to COVID-19 and have received a negative PCR test; AND• Your symptoms have been resolving for 24 hours and you do not have a fever (without the use of fever-reducing medication)• Symptoms of diarrhea or vomiting have been resolved for 48 hours
Resources	<ul style="list-style-type: none">• PCR Testing Locations• COVID-19: How to Self-Isolate (publichealthontario.ca)• COVID-19: Self-isolation: Guide for caregivers, household members and close contacts (publichealthontario.ca)• How to Care for a Child who Needs to Self-Isolate (publichealthontario.ca)• What is a Close Contact?• Support for Basic Needs• Supports for Mental Health and Substance Use