

COVID-19: Case and Contact Guidance

Guidance for Symptomatic Individuals

Experiencing COVID-19 Symptoms AND are eligible for a PCR test

PCR Testing eligibility is found on the [COVID-19 Testing Webpage](#)

Step 1: Do you have symptoms?

Symptom include:

- Fever and/or chills; OR
- Cough; OR
- Shortness of breath; OR
- Decrease or loss of taste or smell; OR

Two or more of:

- runny nose/nasal congestion
- headache
- extreme fatigue
- sore throat
- muscle aches/joint pain
- gastrointestinal symptoms (i.e. vomiting or diarrhea)

If symptoms do not include any of the above, the individual is less likely to have COVID-19 infection and is advised to self-isolate until symptoms are improving for at least 24 hours (or 48 hours if gastrointestinal symptoms).

Step 2: Follow the guidance:

1. [Seek PCR Testing](#)
2. Self-isolate while awaiting testing or test results:
 - a. If your results are positive, self-isolate for at least 10 days since the onset of symptoms if you live or work in a high-risk setting (hospital, LTCH, retirement home, congregate living setting or provide care to immunocompromised or vulnerable person) OR are unvaccinated, partially vaccinated, or immunocompromised AND over the age of 12. All others self-isolate for at least 5 days. Do not end self-isolation until symptoms have improved and no fever for 24 hours.
 - b. If your results are negative you can end isolation once symptoms have improved and no fever for 24 hours.
3. Alert your household contacts to isolate. Alert other close contacts you have had in the past 2-3 days to self-isolate.
 - a. View close contact guidance further down in the document.
 - b. Learn more about identifying [close contacts](#).

NOTE: Public health will only be following up with confirmed cases based on PCR tests, we are not following up with contacts, unless you live or work in a high-

	<p>risk setting. 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>Experiencing COVID-19 Symptoms AND are NOT eligible for a PCR test</p> <p>PCR Testing eligibility is found on the COVID-19 Testing Webpage</p>	<p>Step 1: Do you have symptoms? Symptom include:</p> <ul style="list-style-type: none"> • Fever and/or chills; OR • Cough; OR • Shortness of breath; OR • Decrease or loss of taste or smell; OR <p>Two or more of:</p> <ul style="list-style-type: none"> • runny nose/nasal congestion • headache • extreme fatigue • sore throat • muscle aches/joint pain • gastrointestinal symptoms (i.e. vomiting or diarrhea) <p>If symptoms do not include any of the above, the individual is less likely to have COVID-19 infection and is advised to self-isolate until symptoms are improving for at least 24 hours (or 48 hours if gastrointestinal symptoms).</p> <p>Step 2: Follow the guidance:</p> <ol style="list-style-type: none"> 1. Self-isolate for at least 10 days since the onset of symptoms if you live or work in a high-risk setting (hospital, LTCH, retirement home, congregate living setting) OR are unvaccinated, partially vaccinated, or immunocompromised AND over the age of 12. All others self-isolate for at least 5 days. Do not end self-isolation until symptoms have improved and no fever for 24 hours. 2. If you have access to rapid antigen testing (RAT) consider using it to test yourself. However, if you have symptoms and test negative on RAT still assume you still have COVID-19 and continue to self-isolate. 3. Please complete the online RAT Reporting Form 4. Alert your household contacts to isolate. Alert other close contacts you have had in the past 2-3 days to self-isolate. <ol style="list-style-type: none"> a. View close contact guidance further down in the document. b. 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, unless you live or work in a high-risk setting. 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>

Guidance Based on Test Results

Received positive PCR test results?	<ol style="list-style-type: none">1. Self-isolate for at least 10 days since the onset of symptoms if you live or work in a high-risk setting (hospital, LTCH, retirement home, congregate living setting) OR are unvaccinated, partially vaccinated, or immunocompromised AND over the age of 12. All others self-isolate for at least 5 days. Do not end self-isolation until symptoms have improved and no fever for 24 hours.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. Alert other close contacts you have had in the past 2-3 days to self-isolate.<ol style="list-style-type: none">a. View close contact guidance further down in the document.b. 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>
Received positive Rapid Antigen test (RAT) results?	<ol style="list-style-type: none">1. Self-isolate for at least 10 days since the onset of symptoms, if you live or work in a high-risk setting (hospital, LTCH, retirement home, congregate living setting) OR are unvaccinated, partially vaccinated, or immunocompromised AND over the age of 12. All others self-isolate for at least 5 days. Do not end self-isolation until symptoms have improved and no fever for 24 hours.2. Alert your household contacts to isolate. Alert other close contacts you have had in the past 2-3 days to self-isolate.<ol style="list-style-type: none">a. View close contact guidance further down in the document.b. Learn more about identifying close contacts.3. Seek PCR Testing, IF you are eligible for a PCR test. Check Eligibility.4. Report positive RAT result. Please complete the online RAT Reporting Form <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>

Guidance for Close Contacts

Individuals who DO NOT work, volunteer, or live in a high-risk setting

High-risk settings include: Hospital, long-term care facilities, retirement homes, congregate living settings

Follow this guidance if: <ul style="list-style-type: none">• Someone you have been in contact with	<ol style="list-style-type: none">1. Self-isolate for at least 10 days2. If symptoms develop, follow guidance for symptomatic individuals (at top of document)
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<p>has tested positive (PCR or RAT) AND</p> <ul style="list-style-type: none"> You do not have at least 2 doses of the COVID-19 vaccine or are immunocompromised 	
<p>Follow this guidance if:</p> <ul style="list-style-type: none"> Someone you LIVE WITH tested positive (on a PCR or RAT test) for COVID-19 	<ol style="list-style-type: none"> Self-isolate for at least 10 days since the onset of your household members symptoms if you live or work in a high-risk setting (hospital, LTCH, retirement home, congregate living setting) OR are unvaccinated, partially vaccinated, or immunocompromised. All others self-isolate for at least 5 days. If symptoms develop, follow guidance for symptomatic individuals (at top of document)
<p>Follow this guidance if:</p> <ul style="list-style-type: none"> Someone you have been in contact with has COVID-19 (but do not live with) AND You have at least 2 doses of the COVID-19 vaccine AND You DO NOT have symptoms 	<ol style="list-style-type: none"> Monitor for symptoms, follow guidance for symptomatic individuals (at top of document) DO NOT attend a high-risk setting or visit vulnerable people for at least 10 days from time of exposure If symptoms develop, follow symptomatic guidance at top of document
<p>Follow this guidance if:</p> <ul style="list-style-type: none"> Someone you have been in contact with has COVID-19 AND You have symptoms 	<p>Follow symptomatic guidance at top of document</p>

Guidance for Close Contacts

Individuals who DO work, volunteer, or live in a high-risk setting

High-risk settings include: Hospital, long-term care facilities, retirement homes, congregate living settings

<p>Follow this guidance if:</p> <ul style="list-style-type: none"> Someone you have been in contact with or live with has tested positive (on PCR or RAT) 	<ol style="list-style-type: none"> Self-isolate for at least 10 days since the onset of symptoms Monitor for COVID-19 symptoms If symptoms present, follow guidance for symptomatic individuals (at top of document) Report the exposure to your employer
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	<p>NOTE: High-risk settings experiencing critical staffing shortages may require staff identified as close contacts to attend work and self-isolate while working. Staff may also return to work on day seven of their isolation with a negative PCR test, or two negative RAT on day six and seven.</p>
<p>Follow this guidance if:</p> <ul style="list-style-type: none"> • Someone you have been in contact with has COVID-19 <p>AND</p> <ul style="list-style-type: none"> • You have symptoms 	<p>Follow symptomatic guidance at top of document</p>
<p>Resources</p>	<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