

Follow-up Instructions for Individuals Tested for COVID-19

Self-isolation is mandatory while awaiting test results if a person is symptomatic or has been directed by public health to self-isolate. **Failure to comply can result in being charged and fined up to \$5,000 per day**, pursuant to KFL&A's Class Order under Section 22 of the Ontario Health Protection and Promotion Act.

I have **symptoms**, and:

I am a contact of a person who tested positive for COVID-19.

- You must self-isolate for a minimum of 14 days from the date you last had contact with the person who tested positive for COVID-19, even if you test negative. Adults can come out of isolation when their test result is negative, they have been symptom-free without fever-reducing medication for 24 hours, and it has been at least 14 days since they last had contact with the person who tested positive for COVID-19. Children (and school staff) can come out of isolation when their test result is negative, their symptoms have improved for 24 hours, they do not have a fever (and haven't taken fever-reducing medication), and it has been at least 14 days since they last had contact with the person who tested positive for COVID-19. Close contacts will receive regular phone calls from KFL&A Public Health.
- Household members and your close contacts are required to self-isolate until you receive a negative test result. They should monitor for symptoms and if symptoms develop, they should self-isolate and get tested for COVID-19.

I have travelled outside of Canada.

- You must self-isolate for a minimum of 14 days from the day you arrived back in Canada, even if you test negative. Adults can come out of isolation when their test result is negative, they have been symptom-free without fever reducing medication for 24 hours, and it has been at least 14 days since they arrived back in Canada. Children (and school staff) can come out of isolation when their test result is negative, their symptoms have improved for 24 hours, they do not have a fever (and haven't taken fever-reducing medication), and it has been at least 14 days since they entered Canada.
- Your household members and close contacts should self-isolate until you receive a negative COVID-19 test result. They should monitor for symptoms and if symptoms develop, they should self-isolate and be tested for COVID-19.

I am not a contact of a person who tested positive for COVID-19 and I have not travelled outside of Canada.

- You must self-isolate while waiting for your COVID-19 test results.
- Adults can come out of isolation when they have been symptom-free for 24 hours without fever-reducing medication (48 hours if your symptoms were vomiting or diarrhea). Children and school staff can come out of isolation and are allowed to return to school/daycare if their test result is negative AND symptoms have been improving for at least 24 hours, AND they do not have a fever (and have not used fever-reducing medication for at least 24 hours). Children with vomiting or diarrhea should wait 48 hours from the last episode of vomiting or diarrhea before returning to school/daycare.
- Your household members and close contacts are not required to self-isolate. They should monitor for symptoms and if symptoms develop, they should self-isolate and be tested for COVID-19.

I have **no symptoms**, and:

I am a close contact of a person who tested positive for COVID-19 OR I have travelled outside of Canada.

- You must self-isolate for 14 days from the day you were last exposed to the person who tested positive for COVID-19, or from the day you arrived back in Canada, even if your test result is negative.
- If you are a contact of a person who tested positive for COVID-19, you will receive daily follow-up from KFL&A Public Health.
- Household members and your close contacts are not required to self-isolate, but should monitor for symptoms and if symptoms develop, they should self-isolate and be tested for COVID-19.

I have been in contact with someone who has been in contact with a person who tested positive for COVID-19.

- You are not required to self-isolate while waiting for your COVID-19 test results. Monitor yourself for symptoms and if symptoms develop, self-isolate and get re-tested.

I am not a contact of a person who tested positive for COVID-19 and I have not travelled outside of Canada.

- You are not required to self-isolate while waiting for your COVID-19 test results. Monitor yourself for symptoms and if symptoms develop, self-isolate and get re-tested.

I have received notification of exposure by the COVID Alert App.

- You should be tested for COVID-19 and self-isolate while waiting for your COVID-19 test results.
- If your COVID-19 test is negative, and you have not been notified by public health to self-isolate, you may stop self-isolating as long as you have no symptoms.
- If you have symptoms, please follow instructions in the “I have symptoms” section regarding self-isolation.
- If you know of a person you have been in contact with who has tested positive for COVID-19, self-isolate and monitor your symptoms and wait to be contacted by Public Health.

Please note: Healthcare workers with an occupational health department should consult that department regarding return to work guidance.

Next steps

How to get your COVID-19 test results

- Your test result should be available in 1 to 5 days.
- Visit **COVID-19.ontario.ca** and click on “check your lab results”.
- If you are unable to access your results online, contact your family doctor to determine if they received a copy of your result. If unsuccessful, contact L&A Covid Assessment Center at 613 354 8254, have your health card and personal information available. Our staff will provide you with your results exactly as reported from the testing lab over the phone and/or make available to you a printed copy to pick up from the Lennox and Addington County General Hospital main entrance at 8 Richmond Park Drive in Napanee.
- KFL&A Public Health will only receive your result if it is positive and will call all individuals who test positive right away to initiate contact tracing. KFL&A Public Health will tell you when you complete your self-isolation, will check in regularly regarding symptoms, and provide guidance for individuals you have been in close contact with.

What does a negative COVID-19 test result mean?

- A negative COVID-19 test means you did not have detectable virus at the time your sample was collected. This does not necessarily mean you haven't been exposed to COVID-19 and will not get sick after you had the test done.

More about COVID-19: KFL&A Public Health <https://www.kflaph.ca>

- Some people can be infected and have no symptoms.
- Many people infected with COVID-19 will only experience mild symptoms. If you have a chronic disease like diabetes, heart or lung disease, or if you are 70 years of age or older, you are at greater risk for more severe illness.
- If you test positive and have mild or no symptoms, you are still considered infectious and can pass the virus on to others until you have been cleared by KFL&A Public Health.
- It is important to monitor your symptoms. If your symptoms are worsening, and you are concerned, contact Telehealth Ontario at 1-866-797-0000 or your health care provider.
- If you need urgent medical attention, for example, if you have chest pain, shortness of breath, have difficulty breathing, or loss of consciousness, call 9-1-1 and tell them if you are a contact or have tested positive for COVID-19.

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