




Scenario	I Must ...
<p><b>I have symptoms of COVID-19</b></p> 	<p><b>Self-isolate immediately and arrange testing</b> with the Rapid Testing Services or use a self-testing rapid antigen test (RAT) if you have it.</p> <ul style="list-style-type: none"> <li>+ If you test positive follow the instructions for someone who tested positive.</li> <li>- If you test negative, stay home until you have no fever and until other symptoms are improving for at least 24 hours (or 48 hours for symptoms like vomiting and diarrhea). If using a self-testing rapid antigen test (RAT) you must have two negative tests 24 to 48 hours apart to be considered negative.</li> </ul>
<p><b>I tested positive (+) for COVID-19</b></p> <p>Testing includes use of a self-testing rapid-antigen test (RAT) or molecular testing with our Rapid Testing Services.</p>	<p><b>I am fully vaccinated (2 doses) or under the age of 12:</b></p> <ul style="list-style-type: none"> <li>✓ <b>Self-isolate for 7 days, only leave self-isolation if you have no fever and your symptoms have been improving for at least 24 hours (48 hours for nausea, vomiting, diarrhea)* You must wear a mask in public for day 8,9,10.</b></li> </ul> <p><b>I am not fully vaccinated and 12 years or older:</b></p> <ul style="list-style-type: none"> <li>✓ <b>Self-isolate for 10 days, only leave self-isolation if you have no fever and your symptoms have been improving for at least 24 hours (48 hours for nausea, vomiting, diarrhea)*.</b></li> </ul> <p>The day of your positive test or the day you started symptoms, whichever came first, is day 0 (see the FAQ section for an example).</p> <ul style="list-style-type: none"> <li>✓ Notify your household members to isolate for the same amount of time as you.</li> <li>✓ Notify your close contacts.</li> <li>✓ Notify our Community Nurse at 705-237-8900 x305.</li> <li>✓ Notify your employer.</li> </ul> <p>*A Nurse or Nurse Practitioner will contact you to assess your health and provide additional health care.</p> 
<p><b>I live with someone who tested positive for COVID-19</b></p>	<p><b>Self-isolate</b> for the same amount of time as the person who tested positive regardless of your vaccination status. If you do not have symptoms and tested positive for COVID-19 in the last 90 days, you do not need to self-isolate.</p> <p>You are encouraged to self-test using a rapid antigen test (RAT) on day 1, 3, 5 and 7. If you test positive or develop symptoms, follow the instructions for someone who tested positive for COVID-19 (your isolation end date will reset) and get a molecular test done by the Rapid Testing Services.</p> <p>If you test negative, <b>continue to self-isolate (and self-monitor for symptoms) until your end date.</b></p> 

**I am a close contact of someone who has COVID-19 but I do not live with the person who has COVID-19.**



**If you are unvaccinated or partially vaccinated** (only one dose of COVID-19 vaccine) you must **self-isolate for 10 days** (or **7 days** if under 12 years old). If you are **immunocompromised, self-isolate for 10 days**.

Your household members are considered contacts of a contact and do not have to self-isolate along with you. They should monitor for symptoms and limit their outings to essential reasons only (work, groceries, school).

**If you are fully vaccinated** you do not have to self-isolate. You must **self-monitor for symptoms for 10 days**. Wear a well-fitted mask in public, physical distance and maintain other public health measures. You should NOT visit any highest risk setting such as a hospital, long-term care home, elder care lodge, or individuals who may be at higher risk of illness (i.e. seniors or immunocompromised) for 10 days from your last exposure.

Your start date (day 0) is the day you last came in to contact with the person who tested positive for COVID-19.

You are encouraged to self-test using a rapid antigen test (RAT) on day 1, 3, 5 and 7. If you test positive or develop any symptoms, follow the instructions for someone who tests positive and get a molecular test done by the Rapid Testing Services. If you test negative, **continue to self-isolate (or self-monitor if fully vaccinated) until your end date**.

## Frequently Asked Questions and Scenarios

### **My co-worker just told me they tested positive for COVID-19. How do I know if I'm a close contact?**

A high-risk or close contact means you were less than two meters away from the person who tested positive for at least 15 minutes, or multiple shorter lengths of time, without the appropriate and consistent use of masking and other personal protective equipment, in the 48 hours before their symptoms began or the date of their positive test result, whichever came first.

#### **Scenario**

My neighbor is self-isolating. He told me he is a close contact because he was exposed to someone who tested positive for COVID-19. No one in his household has COVID-19. Should his kids and other household members be staying home and self-isolating the same as him?

Answer: No. The kids and other household members are considered contacts of a contact. Because the person is a contact and does not have COVID-19, the kids and other household members are not required to self-isolate. They should be self-monitoring for symptoms.

#### **Scenario**

I have been self-isolating because my daughter who lives with me tested positive for COVID-19. I am on day 4 of self-isolation. My isolation end date is Feb. 10. Now my son-in-law, who also lives with me just tested positive. His isolation end date is Feb. 14th. I do not have symptoms, how long do I self-isolate for?

Ans: If you are still well and you do not have symptoms of COVID-19 you must extend your self-isolation to match the isolation end date of the newly positive household case. That is your isolation end date would extend to match your son-in-law which is Feb. 14<sup>th</sup>. If you develop symptoms, get tested and follow instructions for someone who tests positive.

The daughter, who is the initial household member who tested positive for COVID-19, **does not** have to extend her self-isolation period based on other household member becoming ill.

### **What if I was previously positive but now someone living in my home is isolating due to COVID-19 symptoms or a positive test?**

If you tested positive in the last 90 days AND you completed your isolation AND you are now symptom free, you are not required to self-isolate if someone in your home tests positive or develops COVID-19 symptoms.

### **What does self-isolation mean?**

Self-isolation helps prevent the spread of the virus. Self-isolation means


- You should only leave your home if there is a medical emergency or if you need to get to a medical clinic for assessment.
- isolate away from others in the home where possible
- do not have visitors come into the home (unless for essential reasons, e.g. health care).
- do not attend work, school, extracurricular activities, or go shopping,
- if you must leave your home, you should travel in a private vehicle (if possible), or wear a medical mask and sit as far back from others as possible, with windows down (weather permitting) to help increase airflow.

If you need any supports including groceries or medical supplies, contact the Pandemic Coordinator.

Open a window for fresh air. You may go outside to connect with the land, move about and get fresh air, independently or with a caregiver. You should maintain a physical distance of 2 metres (6 feet from others. You should wear a mask if you are passing through common areas (such as an apartment lobby, elevator or staircase).

### How do I calculate 10 days of isolation?

The day of your positive test or symptoms (which ever came first) is day zero. You leave isolation after 10 full days provided you do not have a fever and your symptoms have been improving for 24 hours (48 hours for nausea, vomiting and/or diarrhea). See sample calendar below.

 Symptom Onset or Positive Test Result (if no symptoms)

**ISOLATE**

 **ISOLATE**

 Leave isolation

Before leaving isolation, you must be fever-free (without the use of medication) and symptoms must be improving for 24 hours (48 hours for nausea, vomiting and/or diarrhea).

M	T	W	T	F	S	S
	01	02	03	04	05	06
07	08	09	10	11	12 	13 
14 	15 	16 	17 	18 	19 	20 
21 	22 	23 	24	25	26	27
28						

### What does self-monitoring mean?

Self-monitoring means checking for symptoms including fever (temperature of 37.8°C/100.0°F or greater) and/or chills, cough, and shortness of breath, decrease/loss of smell and taste for at least 10 days following your exposure.

### What is the infectious period or period of communicability?

The Period of communicability is the time in which you are infectious and likely to spread the virus to others.

Your period of communicability began 48 hours before your first symptom appeared. If you do not have symptoms, your period of communicability began 48 hours before you were tested. This lasts until the end of your isolation.

### What is the best way to conduct a RAT?

Rapid antigen tests (RATs) using only nasal samples are less sensitive for the Omicron variant compared to the Delta variant. For more reliable detection of infection with the Omicron variant combined oral-nasal samples are recommended. These instructions may be different from the instructions found in your test kit.

You can collect this samples by initially swabbing both cheeks, followed by the back of the tongue or throat, and then both nostrils. For a video and poster on how to do this visit:

- Ontario Health [COVID-19 Rapid Antigen Tests: How to Collect a Sample](#)
- Ontario COVID-19 Science Advisory Table RAT video instructions for [adults](#) and [children](#)

# COVID-19 Rapid Antigen Tests: How to Collect a Sample

To collect a sample for a rapid antigen test (RATs), users should follow the instructions described in the kit insert.

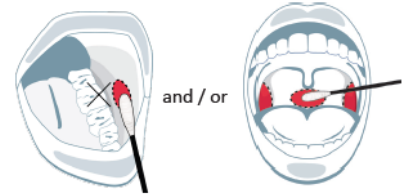
In addition to the collection method option approved by Health Canada (as described in the kit insert), users may choose to perform combined oral and nasal sampling as it may increase test sensitivity.

The following highlights general steps for collecting a sample using either the combined oral and nasal method or the nasal method.

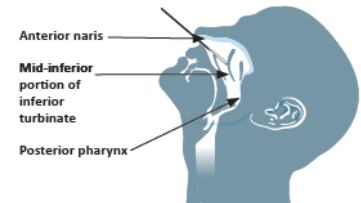
## If swabbing your mouth and nose (combined oral and nasal method)

1. Do NOT eat, drink, chew gum, smoke, or vape for at least 30 minutes before collecting the sample.
2. If you have access to a facial tissue, blow your nose before the test.
3. Wash your hands and only hold the end of the swab opposite the soft swab tip
4. Insert the soft swab tip between both inner cheeks and lower gums and turn the swab a few times.
5. Then, rub the soft swab tip on your tongue as far back in your throat as you feel comfortable.
  - Optional: Instead of swabbing your inner cheeks and tongue, you may choose to swab the back of your throat and tonsils. You can use a mirror to help see where to rub your swab.
6. Tilt your head back and fully insert the soft swab tip straight back (not up) into your nose until you hit resistance (up to 2.5 cm). Make sure the soft swab tip is fully inside the nose.
7. Rotate the swab several times against the wall of the nose and let it sit for a few seconds to absorb nasal secretions.
8. Remove the swab from your nose and using the same swab, repeat for the other nostril.
9. Immediately place the swab into the test tube following the kit instructions.

### Steps 4 - 5

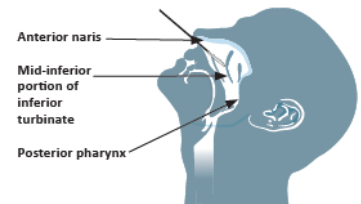


### Step 6



## If only swabbing your nose (nasal method)

1. If you have access to a facial tissue, blow your nose before the test.
2. Wash your hands and only hold the end of the swab opposite the soft swab tip.
3. Tilt your head back and fully insert the soft swab tip straight back (not up) into your nose until you hit resistance (up to 2.5 cm). Make sure the soft swab tip is fully inside the nose.
4. Rotate the swab several times against the wall of the nose and let it sit for a few seconds to absorb nasal secretions.
5. Remove the swab from your nose and using the same swab, repeat for the other nostril.
6. Immediately place the swab into the test tube following the kit instructions.



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## What if I work at a hospital, long-term care home or work as a paramedic.

Hospitals (including complex continuing care facilities and paramedic services) and congregate living settings, including Long-Term Care, retirement homes, First Nation elder care lodges, group homes, shelters, hospices, and correctional institutions are considered highest risk settings. To prevent negative outcomes from COVID-19 there are different case and contact guidelines for those who work, volunteer or live in a highest risk setting. Contact the Doreen Potts Health Centre or the Timiskaming Health Unit for instructions.

DRAFT – JUNE 27