




Scenario	I Must ...
<p>I have symptoms of COVID-19</p> 	<p>Self-isolate immediately and arrange testing 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"> + If you test positive follow the instructions for someone who tested positive. - 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.
<p>I tested positive (+) for COVID-19</p> <p>Testing includes use of a self-testing rapid-antigen test (RAT) or molecular testing with our Rapid Testing Services.</p>	<ul style="list-style-type: none"> ✓ Self-isolate for 5 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 until day 10. <p>The day of your positive test or the day you started symptoms, whichever came first, is day 0</p> <ul style="list-style-type: none"> ✓ Notify your household members to isolate for the same amount of time as you. ✓ Notify your close contacts. ✓ Notify our Community Nurse at 705-237-8900 x305. ✓ Notify your employer. <p>*A Nurse or Nurse Practitioner will contact you to assess your health and provide additional health care.</p> 
<p>I live with someone who tested positive for COVID-19</p>	<p>Self-isolate 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, continue to self-isolate (and self-monitor for symptoms) until your end date.</p> 
<p>I am a close contact of someone who has COVID-19 but I do not live with the person who has COVID-19.</p>	<p>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.</p> <p>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.</p>