

I tested positive for COVID-19, now what?



NOTE: Omicron is now the most dominant strain of COVID-19 in Ontario. Since this strain is very easy to get and spread to others, all cases in Ontario will be treated as potential Omicron cases.

YOU MUST:

- **If Fully Vaccinated* or Under 12 Years Old**
 - **If you have symptoms:** Stay home and self-isolate (including isolating away from other household members if possible) for 5 full days from the day your first symptom started. Self-isolation can be discontinued after 5 days if you have no fever, and if your symptoms have improved for 24 hours (48 hours for gastrointestinal symptoms like nausea, vomiting, diarrhea).
 - **If you don't have symptoms:** Stay home and self-isolate (including isolating away from other household members if possible) for 5 full days since the date you were tested.
- **If You Are Partially Vaccinated, Unvaccinated (12 Years+), or Immunocompromised**
 - **Self-isolate for 10 days from the day your symptoms started, or from the date of your test (whichever came sooner).**

How To Self-Isolate

- Stay home, do not leave your house.
- As much as possible, avoid contact with people in your home. Stay in your room and use a separate bathroom if possible.
- Do not have visitors.
- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Sneeze and cough into your sleeve.
- If you cannot maintain a 2-metre distance from others in your home, wear a face covering or mask.
- “How to Self-Isolate” – instructions are available in multiple languages online, visit: <https://bit.ly/3Jg5IZE>

If you are in distress (experiencing significant trouble breathing, chest pain, fainting or have significant worsening of any chronic disease symptoms), go to the nearest Emergency Department or call 9-1-1. It is okay to break isolation for medical attention. Be sure to tell them that you are COVID-19 positive so correct precautions can be used to decrease the transmission of the virus.

We Ask That You Also:

- **Tell the people you live with to:**
 - **Isolate for the same length of time as you, regardless of whether they are fully vaccinated or not. If they develop symptoms, they must restart their isolation period.**
- **Tell your close contacts** that don't live with you to:**
 - **If they are fully vaccinated or under 12 years of age:**
 - Self-monitor for symptoms for 10 days since you last interacted with them.
 - Maintain masking, physical distancing and follow all other public health measures if leaving home.
 - Do not visit any high-risk settings or individuals who may be at higher risk of illness (e.g., seniors) for 10 days from your last exposure.
 - **If they are not fully vaccinated, or are immunocompromised:**
 - they must isolate immediately for 10 days following the last time you were in contact with them.
 - Let your workplace know about your positive result.

SPECIAL RULES IF YOU LIVE, WORK, ATTEND, VOLUNTEER, OR HAVE BEEN ADMITTED INTO A HIGH-RISK SETTING

High-risk settings include retirement homes, long term care homes, hospitals, etc. A full list of what qualifies as high-risk setting can be found at [phu/fyi/covid-support](https://phu.fyi/covid-support). The Porcupine Health Unit or provincial case and contact management staff will follow-up with you if you are a high-risk contact in one of these high-risk settings.

If you are fully vaccinated* and you don't live with the person who tested positive for COVID-19 or has symptoms of COVID-19, and you have no symptoms:

- Self-monitor for symptoms for 10 days.
- Get tested if recommended by the public health unit.
- If your test is positive, you must self-isolate. Follow the guidance for cases.
- If leaving home, you should maintain masking, physical distancing and all other public health measures.
- You should NOT attend work for 10 days from your last contact with the case.
- Report your exposure to your employer and follow any work restrictions.
- If you develop any symptoms, get tested as soon as possible and self-isolate until you get your result.

If you live with the person who tested positive for COVID-19 or has symptoms of COVID-19 and are fully vaccinated*:

- Self-isolate immediately.
- Self-isolate for 5 days.
- Notify your employer and follow any work restrictions and early clearance guidance.
- If you develop symptoms, get tested and follow the guidance for cases.

If you are fully vaccinated* and you have symptoms:

- Self-isolate immediately.
- Get tested as soon as possible.
- If your test is negative, you can discontinue self-isolation once symptoms have been improving for at least 24 hours (or 48 hours if you have gastrointestinal symptoms).
- If your test is positive, you must self-isolate. Follow the guidance for cases.
- Notify your employer and follow any work restrictions and early clearance guidance.

If you are partially vaccinated or unvaccinated or immune compromised:

- Self-isolate immediately.
- Self-isolate for 10 days.
- Notify your employer and follow any work restrictions and early clearance guidance.
- If you develop symptoms, get tested and follow the guidance for cases.

Note: Workers in these high-risk settings will have the opportunity to return to work early on day seven of their isolation, with a negative PCR test, or two negative rapid antigen tests on day six and seven.

*In Ontario, an individual is considered FULLY VACCINATED if they have received:

·A full series (Pfizer/Moderna/AstraZeneca - 2 doses, Johnson & Johnson - 1 dose) of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines,

·One or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada, or

·Three doses of a COVID-19 vaccine not authorized by Health Canada;

AND

·They received their last dose of the COVID-19 vaccine at least 14 days ago. At this time, boosters are not required to be considered fully vaccinated.