



Fully immunized refers to individuals who have completed a full COVID-19 vaccine series more than 14 days ago.

Not fully immunized refers to individuals who have not received any doses of a COVID-19 vaccine, have received the first dose of a vaccine that requires 2 doses, or have completed their vaccine series within the last 14 days.

Individuals who have travelled out of the country are required to follow federal guidelines and law upon their return.

If you work in a high-risk setting (e.g., Long-term care home), please speak with your occupational health department about returning to work.

Self-isolation is required while awaiting test results if a person is symptomatic or has been directed by Public Health to self-isolate.

I have **symptoms**, and:

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

- Follow specific guidance provided to you by KFL&A Public Health.
- You must **self-isolate for 10 days** from the date you last had contact with the person who tested positive, even if you test negative, regardless of vaccination status, or if you had a positive COVID-19 test in the past.
- You must have a negative PCR test on day 7 or later to end your isolation
- If you are not tested (PCR) on or after day 7, your isolation will be extended an additional 10 days
- Household members must self-isolate until you have a negative COVID-19 PCR test (PCR).

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.
- If your COVID-19 test is negative, you may stop isolating when your symptoms have been improving for at least 24 hours and you are fever free, without using fever reducing medications. (48 hours for gastrointestinal symptoms).
- Household members must isolate until you receive a negative result.

I have **no symptoms**, and:

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

- Follow specific guidance provided to you by KFL&A Public Health.
- You must **self-isolate for 10 days** from the date you last had contact with the person who tested positive, even if you test negative, regardless of vaccination status, or if you had a positive COVID-19 test in the past.
- You must have a negative PCR test on day 7 or later and must continue to isolate until day 10.
- If you are not tested (PCR) on or after day 7, your isolation will be extended an additional 10 days
- Household members do not need to self-isolate. If you develop symptoms, please follow guidance in the “I have symptoms” column.

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

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

I have been alerted by the COVID Alert APP that I have been in contact with someone who has COVID-19.

- If your COVID-19 test is negative and you have not been notified by public health that you are a close contact of COVID-19, you may stop self-isolating as long as you have no symptoms.
- Monitor yourself for symptoms and if you develop symptoms, you should self-isolate and get re-tested.
- If you know where you were exposed to COVID-19 and think you are a close contact and haven't heard from KFL&A Public Health, call KFL&A Public Health.

All individuals should continue to physically distance from others, wear a mask when physical distancing is not possible, wash hands often, continue to self-monitor, and get tested (re-tested) for COVID-19 if symptoms develop.

Next Steps

How to get your COVID-19 test results

- Your test result should be available within a few days.
- Visit covid-19.ontario.ca and click on “check your lab results”.
- If are unable to access your results, please contact your family physician.
- If you do not have a family physician, please email covid19assessmentcentre@kingstonhsc.ca or call the confidential voicemail line at 613-544-3400 dial 1 and extension 4204.
- KFL&A Public Health will only receive a copy of your result if it is positive.

If your test result is positive

KFL&A Public Health will call you to initiate contact tracing and will be in touch intermittently during your isolation period. The public health nurse will tell you when you can complete your self-isolation and will provide guidance on isolation requirements 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 with COVID-19 after you had the test done.
- This is not an antibody test to determine if you have had COVID-19 in the past.

More about COVID-19

- Some people can be infected and have no symptoms.
- Many people infected with COVID-19 will only experience mild symptoms. If you suffer from chronic diseases 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 are ill or have no symptoms, you are still considered infectious and can pass the virus on to others until you have been cleared by a public health nurse.
- 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, or have difficulty breathing, call 9-1-1 and tell them you have tested positive for COVID-19.

For more information:

KFL&A Public Health
613-549-1232
kflaph.ca/Coronavirus

Kingston Health Sciences Centre
Kingstonhsc.ca/covid19

Ontario Ministry of Health
covid-19.ontario.ca

Public Health Ontario
publichealthontario.ca

Public Health Agency of Canada
canada.ca

You **can book an appointment** for the Kingston COVID-19 Assessment Centre at Beechgrove Complex:

1. Online Booking:
<https://kingstonhsc.ca/>

2. Booking by Phone:
Please call 613-548-2376. Note that phones will be answered daily from 9:30am to 12:00pm and 1:00pm to 3:30pm.

Centre Hours:
9 a.m. to 4 p.m.
7 days a week.