

# Instructions for Close Contacts

Revised  
March 11, 2022

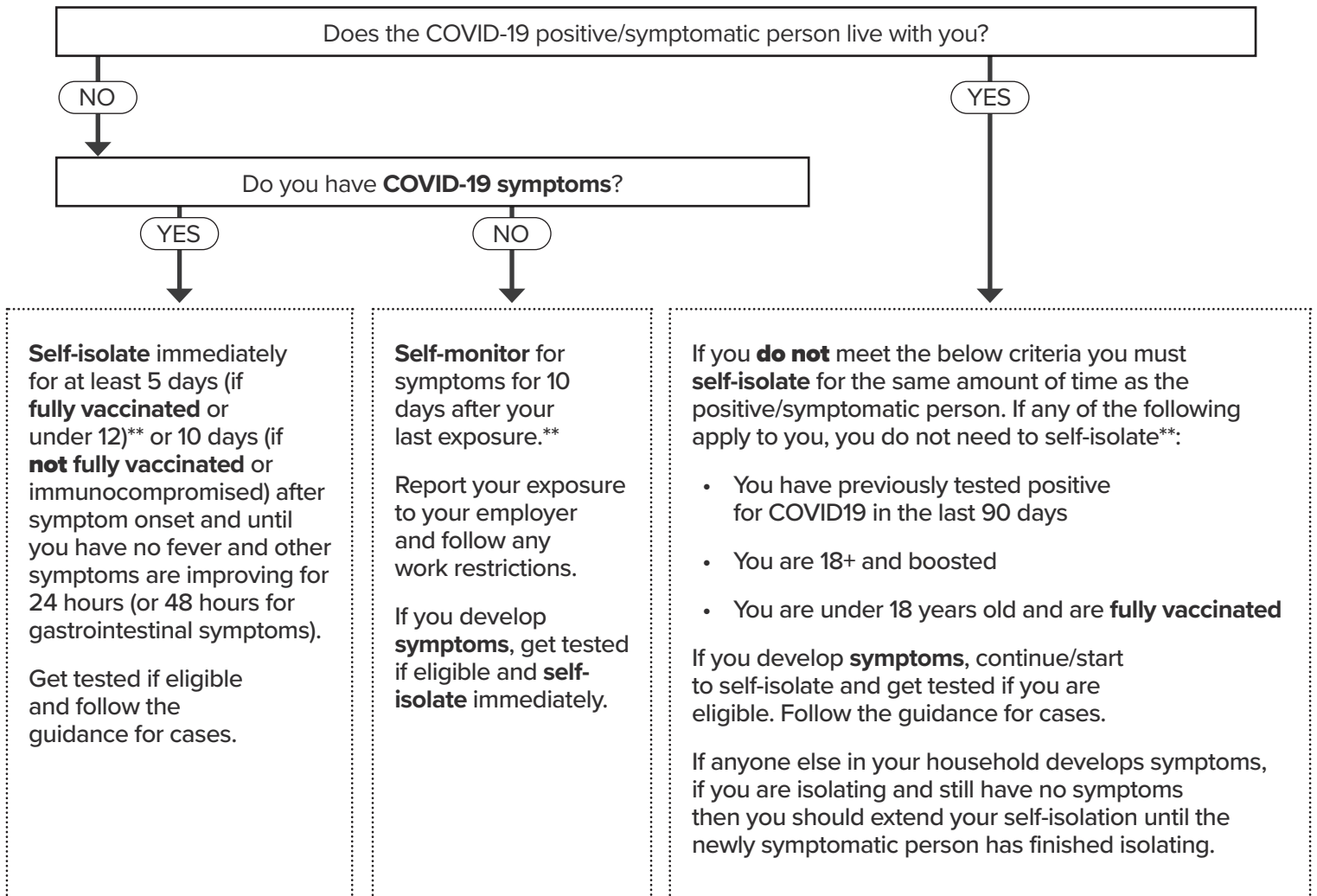


**Close contacts should not work/visit/attend any highest risk settings\* for 10 days from last exposure,**

unless required for critical work shortages and as per direction from their workplace. Close contacts who previously tested positive for COVID-19 in the last 90 days (based on rapid antigen test or PCR test) are not required to isolate and can attend work in highest-risk setting, if they are symptom free.

- If an individual who lives, works, attends, volunteers or is admitted in any of the highest risk settings has symptoms of COVID-19, they should self-isolate immediately, seek testing and notify their workplace.

**Follow the instructions below, unless directed otherwise by KFL&A Public Health, if you are a close contact of someone who tested positive for COVID-19 or someone with COVID-19 symptoms**



\*\*Wear a well-fitted mask in public, physical distance and maintain other public health measures for 10 days following your last exposure if leaving home. You should **NOT** visit or attend work in any highest risk settings and not visit individuals who may be at higher risk of illness (i.e. seniors or immunocompromised) for 10 days after your last exposure.

- All individuals should continue to physically distance from others, wear a mask, wash hands often, continue to self-monitor, and isolate if you have symptoms.
- Individuals who have travelled out of the country are required to follow federal guidelines and law upon their return.

## 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](https://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 contact the provider who performed the test.
- If you were tested by:
  - ◊ KHSC Assessment Centre,  
email: [covid19assessmentcentre@kingstonhsc.ca](mailto:covid19assessmentcentre@kingstonhsc.ca)  
or call: 613-544-3400 dial 1 and extension 4204
  - ◊ LACGH call: 613-354-8254
  - ◊ Pharmacy, please contact the Pharmacy where you were tested
  - ◊ Family Doctor, please contact your Doctors office
- KFL&A Public Health will only receive a copy of your result if it is positive.

### More about COVID-19

- If you have been diagnosed with a 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.
- 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 or book an appointment at an assessment centre for further assessment (an appointment does not guarantee you will be tested).
- 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 or if you have symptoms compatible with COVID-19.

### For more information:

#### KFL&A Public Health

613-549-1232

[kflaph.ca/Coronavirus](http://kflaph.ca/Coronavirus)

#### Lennox & Addington County General Hospital (LACGH)

<http://web.lacgh.napanee.on.ca/>

#### Kingston Health Sciences Centre

[Kingstonhsc.ca/covid19](http://Kingstonhsc.ca/covid19)

#### Ontario Ministry of Health

[covid-19.ontario.ca](https://covid-19.ontario.ca)

#### Public Health Ontario

[publichealthontario.ca](https://publichealthontario.ca)

#### Public Health Agency of Canada

[canada.ca](https://canada.ca)

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

**Partially vaccinated or unvaccinated** 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.