Anyone who lives with someone who is symptomatic or has tested positive for COVID-19, must isolate while the symptomatic/positive person is isolating.

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

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting (hospitals, LongTerm Care, retirement homes, congregate living settings)

Does the COVID-19 positive/symptomatic person live with you?

- **NO**
- **YES**

Are you fully vaccinated?

- **NO**
- **YES**

**Self-isolate** immediately for at least 10 days (or 5 days if under 12 years old) following your last exposure, unless you have previously tested positive for COVID-19 in the last 90 days.

If you are eligible for testing, get tested and follow the guidance for people with symptoms and/ or with COVID-19.

**Self-monitor** for symptoms for 10 days.**

Report your exposure to your employer and follow any work restrictions.

If you develop symptoms, self-isolate immediately for at least 5 days from symptom onset and until you have no fever and other symptoms are improving for 24 hours (or 48 hours for gastrointestinal symptoms).

Get tested if eligible and follow the guidance for people with symptoms and/ or with COVID-19.

**Self-isolate** for the same amount of time as the positive/ symptomatic person.**

If you have previously tested positive for COVID-19 in the last 90 days and are asymptomatic, you do not need to isolate.

If you develop symptoms continue/ start to self-isolate and get tested if you are eligible. Follow the guidance for people with symptoms and/ or with COVID-19.

If anyone else in the household develops symptoms then all other asymptomatic household contacts should extend their self-isolation until the newly symptomatic person has finished their self-isolation period.

**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 any highest risk settings* or individuals who may be at higher risk of illness (i.e. seniors or immunocompromised) for 10 days from your last exposure. Immunocompromised individuals may still be susceptible regardless of vaccination and should self-isolate for 10 days after last exposure to a case/symptomatic person.

If you develop symptoms, self-isolate for at least 10 days (or 5 days if under 12 years old) from symptom onset and until you have no fever and other symptoms are improving for 24 hours (or 48 hours for gastrointestinal symptoms).
• 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 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
    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
Lennox & Addington County General Hospital (LACGH)
http://web.lacgh.napanee.on.ca/
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

*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.