



# Instructions for Individuals tested for COVID-19 and/or with Symptoms of COVID-19

Revised  
March 11, 2022

If your symptoms worsen, seek advice from your health care provider, a clinical assessment centre or Telehealth

Follow the instructions below if you have symptoms or test positive for COVID-19

Do you have any of these symptoms:  
• Fever/chills, • cough, • shortness of breath, • decrease/loss of smell and taste?

NO

YES

Do you have two or more of these symptoms?:  
• Sore throat, • Headache, • Extreme fatigue, • Runny nose/nasal congestion,  
• Muscle aches/joint pain, • Nausea, vomiting and/or diarrhea

NO

YES

It is less likely that you have COVID-19 infection.  
Self-isolate until your symptoms are improving for at least 24 hours (48 hours for gastrointestinal symptoms).  
Your household members do not need to self-isolate.

I have symptoms OR I tested positive for COVID-19 (PCR or Rapid Antigen Test)

I am 12 years of age or older AND **NOT fully vaccinated\*\***

I am immunocompromised

I am under 12 years of age

I am 12 years of age or older and **fully vaccinated\*\*\***

YES

YES

YES

YES

Self isolate for at least **10 days** starting from the day your symptoms started until your symptoms have been improving for 24 hours (48 if gastrointestinal) and you don't have a fever.  
If you do not have symptoms isolate for **10 days** starting from the date you were tested.

Self-isolate for at least **5 days** starting from the day your symptoms started until your symptoms have been improving for 24 hours (or 48 hours if gastrointestinal) and you don't have a fever.  
If you do not have symptoms isolate for **5 days** starting from the date you were tested.

Advise your household members they must isolate while you are isolating unless the following apply:

- Household members who are 18 years of age and older and have already received their booster dose are not required to self-isolate\*\* if they are symptom free.
- Household members who are under 18 years of age and are considered fully vaccinated are not required to self-isolate\*\* if they are symptom free.
- Household members who have previously tested positive for COVID19 in the last 90 days (based on positive rapid antigen test or molecular test results), are not required to self-isolate and can attend high-risk settings, if they are symptom free.

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.  
Notify your workplace.  
Notify your close contacts. Anyone you had close contact with 48 hours before symptoms began (or 48 hour before your test date if you had no symptoms) until you began isolating.

\*Highest risk settings include hospitals, Long-Term Care, retirement homes, health care workers providing care to immunocompromised, certain congregate living settings.

- 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](http://covid-19.ontario.ca)

#### Public Health Ontario

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

#### Public Health Agency of Canada

[canada.ca](http://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.