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

Revised
February 7, 2022

**Individuals with COVID-19 symptoms must NOT:**
- visit anyone who is immunocompromised
- visit any highest risk settings or at higher risk of illness

**from 10 days from when their symptoms began**

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

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting*

---

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

**NO**

**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**

**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**

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.

Your household members (regardless of immunization status) must isolate while you are isolating. Household members who have previously tested positive for COVID-19 in the last 90 days (based on PCR or Rapid Antigen Testing) are not required to self-isolate, as long as they have no symptoms.

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.

---

**I am immunocompromised**

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 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.

Your household members (regardless of immunization status) must isolate while you are isolating. Household members who have previously tested positive for COVID-19 in the last 90 days (based on PCR or Rapid Antigen Testing) are not required to self-isolate, as long as they have no symptoms.

---

**I am under 12 years of age**

---

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

---

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

• 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.