



Self-isolation is mandatory while awaiting test results if a person is symptomatic or has been directed by Public Health to self-isolate. **Failure to comply can result in being charged and fined up to \$5000 per day**, pursuant to KFL&A's Class Order under Section 22 of the Ontario Health Protection and Promotion Act.

### While waiting for test result

- Your child/student must stay home and self-isolate. They **cannot** attend child care or school in person.
- If your child/student has one or more COVID-19 symptoms, it is required that household members isolate until a negative test result is received for your child/student.
- If your child/student is a close contact of someone who has COVID-19, follow the specific recommendations KFL&A Public Health provided to your household.
- Check results online at [covid-19.ontario.ca](https://covid-19.ontario.ca) by clicking on "Check your results". Results should be available in 1 to 5 days.

<b>If my child/student has tested <b>NEGATIVE</b>:</b>	
<b>What should my child/student do?</b>	<b>What should household members do?</b>
<p><b>My child/student has <b>NOT</b> been exposed to someone with COVID-19, and has <b>NOT</b> travelled outside of Canada in the last 14 days:</b></p> <ul style="list-style-type: none"> <li>• Your child/student may go back to school/child care once they do not have a fever (without using medication) <b>AND</b> it has been 24 hours since their symptoms started to improve (48 hours since last episode of vomiting or diarrhea, if their symptoms were primarily vomiting or diarrhea) and they feel well enough to attend.</li> <li>• Continue to monitor for new or worsening symptoms and complete the <b>daily school and child care screening</b>.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to monitor for symptoms and complete COVID-19 daily screening.</li> <li>• If household members develop symptoms, they should self-isolate and get tested. All household members must isolate until the individuals with symptoms receive negative results.</li> </ul>
<p><b>My child/student returned from travel outside of Canada in the last 14 days:</b></p> <ul style="list-style-type: none"> <li>• Your child/student <b>must self-isolate</b> for 14 days from their date of return to Canada, even if their test result is negative.</li> <li>• After 14 days, they may go back to school or child care if they pass the <b>daily school and child care screening</b></li> </ul>	
<p><b>My child/student has been identified as a close contact of someone with COVID-19:</b></p> <ul style="list-style-type: none"> <li>• Your child/student <b>must self-isolate</b> for 14 days from the last day they were exposed to the person with COVID-19, even if their test result is negative.</li> <li>• KFL&amp;A Public Health will contact you and guide you through the isolation period.</li> </ul>	

<b>If my child/student has tested <b>POSITIVE</b>:</b>	
<b>What should my child/student do?</b>	<b>What should household members do?</b>
<ul style="list-style-type: none"> <li>• Your child/student must self-isolate for at least 10 days from the day their symptoms started.</li> <li>• If they have not had symptoms, they must self-isolate for 10 days from the date they were tested.</li> <li>• KFL&amp;A Public Health will contact you with further instructions.</li> <li>• Inform your school that your child/student has tested positive for COVID-19.</li> </ul>	<ul style="list-style-type: none"> <li>• Household members must self-isolate for 14 days from the last day they were in contact with the person who tested positive.</li> <li>• Household members who cannot properly isolate from the person who tested positive will have a longer isolation period as directed by KFL&amp;A Public Health.</li> <li>• If household members develop symptoms, they should get tested.</li> </ul>

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 child/student's COVID-19 test results

- The test result should be available in 1 to 5 days.
- Visit [covid-19.ontario.ca](https://covid-19.ontario.ca) and click on “check your results”.
- If you are unable to access the results, please contact your family physician.
- If you do not have a family physician, please call the confidential voicemail line at 613-544-3400 dial 1 and extension 4204.

### If your child/student's test result is positive

- KFL&A Public Health will contact you.
- A public health nurse will call to initiate contact tracing and will be in touch intermittently during the child/student's isolation period.
- A public health nurse will advise you on when your child/student can complete their self-isolation and will provide guidance on isolation requirements for individuals they have been in close contact with.

### What does a negative COVID-19 test result mean?

- A negative COVID-19 test means your child/student did not have detectable virus at the time their sample was collected. This does not necessarily mean they haven't been exposed to COVID-19 and will not get sick with COVID-19 after the test was done.
- This is not an antibody test to determine if your child/student 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. Those that have chronic diseases like diabetes, heart or lung disease, or those 70 years of age or older, are at greater risk for more severe illness.
- If someone tests positive (even without symptoms), they are still considered infectious and can pass the virus on to others until they have been cleared by KFL&A Public Health.
- It is important to monitor symptoms. If symptoms are worsening, contact Telehealth Ontario at 1-866-797-0000 or a health care provider.
- If urgent medical attention is needed, for example chest pain, shortness of breath, or difficulty breathing, call 9-1-1 and tell them about COVID-19 test results or contacts.

### For more information:

**KFL&A Public Health**  
613-549-1232  
[kflaph.ca/Coronavirus](https://kflaph.ca/Coronavirus)

**Kingston Health  
Sciences Centre**  
[kingstonhsc.ca/covid19](https://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/publichealth](https://canada.ca/publichealth)

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

**1. Online Booking:**  
[kingstonhsc.ca/covid19](https://kingstonhsc.ca/covid19)

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

**Centre Hours:**  
Monday to Sunday:  
9 a.m. to 4 p.m.