



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

- You must stay home and self-isolate. You **cannot** work at child care or school in person.
- If you have one or more COVID-19 symptoms, it is required that household members isolate until your negative test result is received.
- If you are 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 by clicking on "Check your results". Results should be available in 1 to 5 days.

If I test NEGATIVE :	
What should I do?	What should household members do?
<p>I have NOT been exposed to someone with COVID-19, and have NOT travelled outside of Canada in the last 14 days:</p> <ul style="list-style-type: none"> • You may go back to school/work once you do not have a fever (without using medication) AND it has been 24 hours since your symptoms started to improve (48 hours since last episode of vomiting or diarrhea, if your symptoms were primarily vomiting or diarrhea) and you feel well enough to work. • Continue to monitor for new or worsening symptoms and complete the daily school and child care screening. 	<ul style="list-style-type: none"> • Continue to monitor for symptoms and complete COVID-19 daily screening. • 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.
<p>I returned from travel outside of Canada in the last 14 days:</p> <ul style="list-style-type: none"> • You must self-isolate for 14 days from your date of return to Canada, even if your test result is negative. • After 14 days, you may go back to school or child care if you pass the daily school and child care screening. 	
<p>I have been identified as a close contact of someone with COVID-19:</p> <ul style="list-style-type: none"> • You must self-isolate for 14 days from the last day you were exposed to the person with COVID-19, even if your test result is negative. • KFL&A Public Health will contact you and guide you through your isolation period. 	<ul style="list-style-type: none"> • In most cases, household members are required to isolate. • Follow the specific guidance KFL&A Public Health provides during phone calls.

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

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 COVID-19 test results

- Your test result should be available in 1 to 5 days.
- Visit covid-19.ontario.ca and click on “check your results”.
- If you are unable to access your 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 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 your isolation period.
- The public health nurse will advise you on when you can complete your self-isolation and will provide guidance on isolation requirements for individuals you have been in close contact with.

What does a negative COVID-19 test result mean?

- A negative COVID-19 test means you did not have detectable virus at the time your sample was collected. This does not necessarily mean you haven't been exposed to COVID-19 and will not get sick with COVID-19 after you had the test done.
- This is not an antibody test to determine if you have 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

**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/publichealth

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

1. Online Booking:
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.