1. **Instruct patient to self-isolate**
   - For most people, this will be a minimum of 14 days following symptom onset, provided they are afebrile and clinically improved at the end of the 14-day period.
   - Refer patient to [How to self-isolate (PDF)](https://kflaph.ca/SelfIsolation) at kflaph.ca/SelfIsolation.
   - KFL&A Public Health will contact the patient to advise on when they can complete their self-isolation.

2. **Self-care while isolating**
   - Supportive treatment with over-the-counter antipyretics if deemed appropriate for the patient.
   - Advise patients to keep a log of daily temperature checks, at least 4 hours after the latest dose of antipyretic.
   - Keep the area well ventilated, if possible open windows and avoid tobacco or other smoke.
   - Stay connected with friends and family by phone or computer.

3. **Isolation requirements for caregivers, household members and close contacts**
   - Those who lived with or provided care for patients during their period of communicability, will need to self-isolate for 14 days after last contact with the patient.
   - Refer to [Self isolation guide for care givers, household members and close contacts (PDF)](https://kflaph.ca/COVID19) at kflaph.ca/COVID19
4. Contact tracing

- Confirm dates of period of communicability (48 hours before symptom onset until date of self-isolation).
- Ask the patient to create a list of places and people they have come into close contact during that time. In non-health care settings, this is considered to be 15 minutes, less than two metres apart.
- If the patient is comfortable, they can notify their own contacts if KFL&A Public Health has not yet been in contact.
- They should instruct their close contacts to self-isolate for 14 days after their last exposure to the patient and to get tested if symptomatic.
- Any contacts who are health care providers or work in health care institutions should get direction from their occupational health department.
- Low risk or casual interactions require no follow-up. Examples include walking by or briefly being in the same room.

5. Patient follow up

- Remind your patients that they should monitor their symptoms of COVID-19. Talk to them about when to seek medical attention or call 911. For example: “If you feel chest pain, shortness of breath, or have difficulty breathing, call 911 and tell them you have tested positive for COVID-19.”
- Most individuals with mild and moderate illness (i.e., never hospitalized), including health care workers and residents of congregate settings, can discontinue isolation at 14 days after symptom onset, provided they are afebrile and symptoms are improving. Absence of cough is not required for those with chronic cough or a post-viral cough. Individuals with severe illness requiring hospitalization may need clearance swabs if they remain in congregate living settings.