

Fact Sheet: Information for Individuals Testing Positive for COVID-19

Note: This information is based on current provincial guidance, isolation periods may differ based on your community guidelines. Please contact your public health unit or the nurse in your community for more information.

If you have COVID-19 symptoms or test positive for COVID-19, self-isolate until you have no fever and symptoms are improving for 24 hours (48 hours if nausea, vomiting or diarrhea). Symptoms may include:

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| <ul style="list-style-type: none"> • Fever and/or chills • Cough • Trouble breathing • Decrease or loss of taste or smell • Sore throat • Runny or stuffy nose | <ul style="list-style-type: none"> • Headache • Nausea, vomiting or diarrhea • Tiredness • Feel generally unwell • Muscle aches or joint pain |
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Note: There are additional recommendations for cases with immunocompromise¹ and those in hospital, long-term care, retirement homes and other congregate living settings. Contact your public health unit or the nurse in your community for more information.

How to Self-Isolate
<ul style="list-style-type: none"> • Do not leave your house and do not have visitors • Avoid contact with people in your home as much as possible – stay in a separate room away from others and use a separate bathroom • If you are in a room with other people, stay at least 2-metres from others, wear a well-fitted medical mask or KN95 • Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing; dispose of tissues in the garbage • Wash your hands often with soap and water or alcohol-based hand rub, especially after you cough or sneeze • You may leave isolation for emergency medical care, go to the nearest emergency department or call 9-1-1 • If you have a positive test result and no symptoms, you do not need to self-isolate unless symptoms develop • If you work in a hospital, long-term care home, retirement home or congregate living setting speak with your employer about return to work guidance
Additional Precautions After Self-Isolation
<ul style="list-style-type: none"> • For a total of 10 days after the date you started symptoms or tested positive (whichever is earlier) you are recommended to: <ul style="list-style-type: none"> ○ Wear a well-fitted medical mask or KN95 in all public settings (includes school/childcare, unless <2 years old) <ul style="list-style-type: none"> ▪ Avoid activities where you need to remove your mask (e.g., dining out, playing a wind instrument, high contact sports) ▪ May remove mask for essential activities like eating (e.g., when eating in shared space at school/work while maintaining as much distance from others as possible) ○ If you cannot mask (e.g., children <2 years old) you may return to public settings without wearing a mask ○ Avoid visiting those at higher risk of severe illness (i.e., elders, immunocompromised¹ individuals) ○ Avoid visiting hospitals, long-term care, retirement homes and other congregate living settings <ul style="list-style-type: none"> ▪ If visits cannot be avoided, wear a well-fitted medical mask or KN95, maintain physical distancing, and notify the highest risk setting of your recent illness/positive test. It is recommended the individual you are visiting also wear a mask, if they are able

COVID-19 Antiviral Treatment

- Antiviral treatment is available for all Ontarians
- Recommended for those at higher risk of severe COVID-19 illness
- Works best if given within 5 days of symptom onset
- Contact your health care provider if you have questions about antiviral treatment

Notifying Close Contacts

- If you test positive for COVID-19, tell your close contacts that they have been exposed to COVID-19
- Close contacts are those who were:
 - Within 2 meters of you for at least 15 minutes or for multiple short periods of time
 - Did not use of a mask during their exposure
 - Were in contact with you in the 2 days before you started symptoms or tested positive (whichever is earlier) until you complete self-isolation

Recommendations for Close Contacts

- Close contacts **do not** have to self-isolate
- For a total of 10 days after their last exposure close contacts should:
 - Self-monitor for symptoms and isolate immediately if symptoms develop
 - Wear a well-fitted medical mask in all public settings (including school and child care, unless <2 years old)
 - Avoid activities where mask needs to be removed (e.g., dining out, playing a wind instrument, high contact sports)
 - May remove mask for essential activities like eating (e.g., when eating in shared space at school/work while maintaining as much distance from others as possible)
 - Close contacts who cannot mask (e.g., children <2 years old, etc.) may return to public settings without wearing a mask
 - Avoid visiting those at higher risk of severe illness (i.e., elders, immunocompromised¹ individuals)
 - Avoid visiting hospitals, long-term care, retirement homes and other congregate living settings
 - If visits cannot be avoided, wear a well-fitted medical mask or KN95, maintain physical distancing, and notify the highest risk setting of your recent exposure. It is recommended the individual you are visiting also wear a mask, if they are able to

1. *Examples of immunocompromise* include cancer chemotherapy, untreated HIV infection with CD4 T lymphocyte count <200, combined primary immunodeficiency disorder, taking prednisone >20mg/day (or equivalent) for more than 14 days and taking other immune suppressive medications. Factors such as advanced age, diabetes, and end-stage renal disease are generally not considered severe immune compromise impacting non-test based clearance.