



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.

I have **symptoms**, and:

I am a contact of a person who tested positive for COVID-19.

- You must self-isolate for 14 days from the date you last had contact with the person who tested positive for COVID-19, even if you test negative. You can come out of isolation when your test result is negative, you have been symptom-free for 24 hours without using fever reducing medication, and it has been at least 14 days since you last had contact with the person who tested positive for COVID-19.
- KFL&A Public Health will contact you and guide you through the 14 day isolation period.
- KFL&A Public Health will provide guidance regarding isolation instructions for your household members and close contacts.

I have travelled outside of Canada.

- You must self-isolate for a minimum of 14 days from the day you arrived back in Canada, even if you test negative. You can come out of isolation when your test result is negative, you have been symptom-free for 24 hours without using fever reducing medication, and it has been at least 14 days since you arrived back in Canada.
- It is recommended that household members and close contacts self-isolate until you receive a negative COVID-19 test result. They should monitor for symptoms and if symptoms develop, they should get tested.

I am not a contact of a person who tested positive for COVID-19 and I have not travelled outside of Canada.

- You must self-isolate while waiting for your COVID-19 test results.
- If your COVID-19 test is negative, you may stop self-isolating when you have been symptom-free for 24 hours without fever reducing medication.
- It is recommended that household members and close contacts to self-isolate until you receive a negative COVID-19 test result. They should monitor for symptoms and if symptoms develop, they should get tested.

I have **no symptoms**, and:

I am a contact of a person who tested positive for COVID-19 OR I have travelled outside of Canada.

- You must self-isolate for 14 days from the day you were last exposed to the person who tested positive for COVID-19, or from the day you arrived back in Canada, even if your test result is negative.
- If you are a contact of a person who tested positive for COVID-19, you will be contacted by KFL&A Public Health intermittently throughout your isolation period.
- KFL&A Public Health will provide guidance regarding isolation instructions for your household members and close contacts.

I am not a contact of a person who tested positive for COVID-19 and I have not travelled outside of Canada.

- You are not required to self-isolate while you are waiting for your COVID-19 test results. Monitor yourself for symptoms and if symptoms develop, self-isolate and get re-tested.

I have been alerted by the COVID Alert APP that I have been in contact with someone who has COVID-19.

- If your COVID-19 test is negative and you have not been notified by public health that you are a close contact of COVID-19, you may stop self-isolating as long as you have no symptoms.
- Monitor yourself for symptoms and if you develop symptoms, you should self-isolate and get re-tested.
- Other household members are not required to isolate unless the individual alerted by the App has symptoms.
- If you know where you were exposed to COVID-19 and think you are a close contact and haven't heard from KFL&A Public Health, call KFL&A Public Health.

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 2 to 5 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 call the confidential voicemail line at 613-544-3400 dial 1 and extension 4204.
- KFL&A Public Health will only receive a copy of your result if it is positive.

If your test result is positive

KFL&A Public Health will call you to initiate contact tracing and will be in touch intermittently during your isolation period. The public health nurse will tell you 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. If you suffer from 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.
- If you test positive and are ill or have no symptoms, you are still considered infectious and can pass the virus on to others until you have been cleared by a public health nurse.
- 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.
- 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.

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

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

1. Online Booking:

<https://kingstonhsc.ca/>

2. Booking by Phone:

Please call 613-548-2376. Note that phones will be answered daily from 9:30am to 12:00pm and 1:00pm to 3:30pm.

Centre Hours:

9:00am to 12:00pm and
1:00pm to 4:00pm