



# Follow-up Instructions for Adults Tested for COVID-19

Kingston Health  
Sciences Centre

Revised  
August 30, 2021

**Fully immunized** refers to individuals who have completed a full COVID-19 vaccine series more than 14 days ago.

**Not fully immunized** refers to individuals who have not received any doses of a COVID-19 vaccine, have received the first dose of a vaccine that requires 2 doses, or have completed their vaccine series within the last 14 days.

**Self-isolation is required while awaiting test results if a person is symptomatic or has been directed by Public Health to self-isolate.**

## I have **symptoms**, and:

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

- Follow specific guidance provided to you by KFL&A Public Health.
- If you are **not fully immunized** you must self-isolate for 10 days from the date you last had contact with the person who tested positive for COVID-19, even if you test negative.
- If you are **fully immunized** 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. KFL&A Public Health will contact you and guide you through the 10 day isolation/monitoring period.
- All household members are required to isolate until you receive a negative COVID-19 test result. Once a negative test result is received, if you or your household members are **fully immunized**, household members may end their isolation. If you or your household members are **not fully immunized**, they must continue their isolation as directed by Public Health.

### I have travelled outside of Canada.

- If you do not qualify for an exemption under the Federal Quarantine Act 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.
- If you do qualify for an exemption under the Federal Quarantine Act you must isolate until you receive a negative test result and you have been symptom free for 24 hours without using fever reducing medication.
- It is recommended that household members and close contacts, who are **not fully immunized**, 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.
- All household members must isolate until the individuals with symptoms receive negative results. If household members are **fully immunized** and they are not symptomatic, they do not need to self-isolate until you receive a negative result. Household members should monitor for symptoms and if symptoms develop, they should get tested and self-isolate.

## I have **no symptoms**, and:

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

- Follow specific guidance provided to you by KFL&A Public Health.
- If you are **not fully immunized** you must self-isolate for 10 days from the day you were last exposed to the person who tested positive for COVID-19
- Fully immunized** people are not required to isolate but should avoid social gatherings and activities for 10 days from the last exposure to the person who tested positive for COVID-19.
- You will be contacted by KFL&A Public Health intermittently throughout your isolation period.
- Household members are required to isolate unless you or your household members are **fully immunized**. Follow the specific guidance from KFL&A Public Health provided for your household during phone calls and check-ins.

### I have travelled outside of Canada

- You must self-isolate for a minimum of 14 days from the day you arrive back in Canada, even if you test negative, unless you qualify for an exemption under the Federal Quarantine Act.

### 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.
- 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 1 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 email [covid19assessmentcentre@kingstonhsc.ca](mailto:covid19assessmentcentre@kingstonhsc.ca) or 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](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](https://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 a.m. to 4 p.m.

7 days a week.