

COVID-19 Information for Positive Cases

If you tested positive for COVID-19, please follow these steps:

1. Self-isolate immediately.

- You should isolate for **10 days** after the date you started to have symptoms or the date you were tested, regardless of vaccination status.
- Those severely ill and require care in the ICU or those with severe immune compromise* should isolate for **20 days** after the date you started to have symptoms or the date you were tested.
- Before ending your self-isolation period, your symptoms need to be improving for at least 24 hours (48 hours for gastrointestinal symptoms such as diarrhea and vomiting) and no fever present.

Important Notes About Self-Isolation

- The day that your symptoms started or your test was collected is day 0 of your self-isolation period. This means that the first day of your 10 day self-isolation period is the day after your symptoms started or the day after your test was collected.
 - **Example of a 10 day isolation period:** Individual had symptoms that started January 4th and was tested on January 5th, test came back positive. January 4th is day 0 of their isolation period and January 5th is day 1. This individual would have to isolate until January 14th at midnight and can discontinue isolation on January 15th.

January						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Symptom Onset Day 0	5 Test Date Test is Positive Day 1	6 Day 2
7 Day 3	8 Day 4	9 Day 5	10 Day 6	11 Day 7	12 Day 8	13 Day 9
14 Day 10	15 Discontinue Isolation Day 11	16	17	18	19	20

- If you are in distress, go to the nearest emergency department or call 9-1-1 (experiencing significant trouble breathing, chest pain, fainting or have significant worsening of any chronic disease symptoms). Be sure to tell them that you are COVID-19 positive so correct precautions can be used to decrease the transmission of the virus.

2. Notify your close contacts.**

- Please let your close contacts know that they have been exposed to COVID-19.
- Let them know they may be contacted by a public health official, healthcare provider or community representative, who will tell them how long they must stay home and self-isolate. If it is positive by a rapid antigen, they can notify and follow-up with their community health nurse.

- Advise your close contacts to follow the directions on the fact sheet: **COVID-19 Information for Close Contacts.**
 - All close contacts including household members, are isolating for **10 days** from their last exposure to a positive case, regardless of vaccination status.
 - There may be instances where your community has put added precautions in place or has different isolation requirements for close contacts.

How to Self-Isolate:

- Stay home, do not leave your house.
- Do not have visitors.
- Avoid contact with people in your home as much as possible.
- As much as possible, stay in a separate room away from others and use a separate bathroom, if possible. If you are in a room with other people, keep a distance of at least 2-metres from others and wear a well-fitted face mask.
- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Sneeze and cough into your sleeve.

**Examples of severe immune compromise 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.*

***A **close contact** is anyone you spent at least 15 minutes (or several short periods of time) with in close proximity (you were less than 2 meters away from them), without appropriate protective measures (for example wearing a mask and/or using PPE) in the 48 hours prior to the day your symptoms started or if you have no symptoms prior to the day your positive test was collected.*