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.

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- 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.

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*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 masking 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.