Instructions for those with COVID-19 symptoms who are tested

You have been tested for COVID-19 because of your symptoms and you meet Ottawa Public Health criteria for testing. While waiting to receive your test result, you MUST self-isolate at home, notify your close contacts, and monitor your symptoms.

Receiving lab results

- You can check the following Government of Ontario website to receive your COVID-19 test result: covid-19.ontario.ca
- Ottawa Public Health will only contact those who have tested positive as part of case and contact management activities.

You MUST self-isolate at home

- Avoid isolating in a place where there are vulnerable people including people who have a medical condition, compromised immune systems, or older adults.
- Leaving your property to go for a walk is not permitted. Stay in a private place like your yard or balcony if you go outside for fresh air.
- Limit contact with others in the place of isolation, including children.
- Stay in a separate room and use a separate bathroom from others in your home, if possible.
- Do not have visitors.
- Do not leave your place of isolation unless it’s to get medical care.
- Do not use public transportation (e.g., buses, taxis).
- Do not go to school or work in-person (you can attend virtually).
- Do not go into the community, including the grocery store and pharmacy.
- If you need groceries, medication or other essential items, arrange to have a family member, friend, neighbour, or anyone else who is not in self-isolation do this for you. Have items left at the door to minimize contact.
- If you have to be in contact with others, practice physical distancing and keep at least 2 metres (6 feet) between yourself and the other person.

Notifying your close contacts

- Please advise anyone who you have had close contact from 2 days (48 hours) before you were sick until being in self-isolation, that they must self-isolate for fourteen (14) days from their last contact with you.
- Close contacts include anyone who provided you care, anyone who lives with you, and anyone who had close contact with you for more than 5 minutes.
- Your close contacts can discontinue self-isolation if your test result is negative.
- Please provide your close contacts a copy of the Ottawa Public Health “Instructions for those who may have been in close contact with a case of COVID-19” or refer them to OttawaPublicHealth.ca/Self-Isolate.
Monitoring your COVID-19 symptoms

- Most people with mild symptoms will recover on their own at home.
- If your symptoms are worsening to a point where you cannot manage at home, go to your nearest emergency department and/or call 911.

Criteria to end self-isolation

- Discontinuing self-isolation depends on if you have travelled and on your COVID-19 test result. Please refer to the following table for your situation:

<table>
<thead>
<tr>
<th>Travel History</th>
<th>COVID-19 Test Positive</th>
<th>COVID-19 Test Negative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Returning from travel</td>
<td>Fourteen (14) days since your return to Canada OR fourteen (14) days after your symptoms started, whichever is longer AND you have no fever AND your symptoms are improving AND you are not currently admitted to hospital or a health care worker*</td>
<td>Fourteen (14) days since your return to Canada OR fourteen (14) days after your symptoms started, whichever is longer AND you have no fever AND your symptoms are improving AND you are not a health care worker*</td>
</tr>
<tr>
<td>No travel history</td>
<td>Fourteen (14) days after symptoms started AND you have no fever AND your symptoms are improving AND you are not currently admitted to hospital or a health care worker*</td>
<td>Fourteen (14) days after symptoms started AND you have no fever AND your symptoms are improving AND you are not a health care worker*</td>
</tr>
</tbody>
</table>

* Please note: hospitalized patients and health care workers have different criteria for discontinuing self-isolation. Please refer to the Ottawa Public Health website for more information if you are in one of these groups.

Continue physical distancing AFTER your self-isolation has ended

- Keep at least 2 metres (6 feet) between yourself and other people.
- Cancel all group gatherings.
- Connect via phone, video chat, or social media instead of in person.
- Talk to your employer about working from home (if possible).
- Avoid visiting elderly friends or relatives unless the visit is essential.
- Keep windows down for essential community trips via taxi or rideshares.
- You can go outside for a walk. Make an effort to step-aside or pass others quickly and courteously on sidewalks. Passing someone on the sidewalk is not considered close contact or a significant risk for exposure to COVID-19.

Please refer to OttawaPublicHealth.ca/Coronavirus for more information.