



COVID-19 Isolation and Testing Information for those who Live or Work in a High-Risk Setting

This information is **not** applicable for the general public. High-risk settings include long term care homes, retirement homes, elder care lodges, hospices, home care agencies, hospitals, paramedics, congregate living settings (e.g. shelter, group home, or correctional facility), and may include other health care settings at Algonquin Public Health's (APH) discretion.

General guidance for those who work, volunteer, or live in a high-risk setting can be found below.

1. I am a Confirmed Case (via PCR or Rapid Antigen Testing) of COVID-19:

- Self-isolate immediately and notify the high-risk setting. Do not go to work or volunteer.
- APH will follow-up with confirmed cases of COVID-19 that live or work in a high-risk setting.
- APH will work with high-risk settings in order to notify close contacts located in the setting, and provide specific information on isolation dates.
- If you test positive via a rapid antigen test, please use [this form](#) to report your positive test results to APH. Those who test positive on a PCR test will automatically be reported to public health.
- Notify your close contacts located outside of the high-risk setting using the information found in the [Close Contact Instruction Letter](#).

2. I have [Symptoms Compatible with COVID-19](#):

- Isolate immediately and notify the high-risk setting. Do not go to work or volunteer.
- Schedule a PCR test at the local [COVID-19 Assessment Centre](#).
- Pending test results, ensure your household members are isolating, regardless of vaccination status, and have them follow the information located in the [Close Contact Instruction Letter](#).

3. I am a Close Contact to a Confirmed Case of COVID-19 or a Person with Symptoms Compatible with COVID-19:

- Staff who are asymptomatic must self-monitor for symptoms for 10 days, and be excluded from the workplace for 10 days after their last contact with a case or symptomatic person.
- Asymptomatic close contacts who work, volunteer, or attend a high risk setting can follow [guidance for close contacts](#) regarding self-monitoring/self-isolation in the community (i.e., outside of the highest risk setting), unless otherwise directed by APH.
- Residents must isolate in the facility for 10 days after their last exposure to the case or symptomatic person.
- During critical staffing shortages, further information may be provided by APH regarding exclusion from work.
- Follow any additional guidance or recommendations on testing provided to you by APH.

For more information:

Please visit the APH website for [Information for those who test positive for COVID-19, high-risk and close contacts, and workplaces](#) or call 705-942-4646 ext. 5404.