



## Information for People who are a Confirmed Case of COVID-19 via PCR or Rapid Antigen Testing (RAT)

**This information is for the general community, and is not applicable for those who work or live in high-risk settings. If you or your close contacts work or live in a high-risk setting, please review the information for those associated with [high risk-settings](#).**

### You Must Self-Isolate Immediately and Your Household Members Must Stay at Home

- If you tested positive on a RAT, you no longer need to book a PCR test to confirm your results. Directions are the same for those who test positive on a PCR, rapid molecular, or RAT test.
- If you are [fully vaccinated](#) (with at least two doses of vaccine) **OR** under 12 years old, you **must self-isolate** for at least 5 days from your symptom onset **or** if you have no symptoms, from the date of your positive test result. You cannot leave isolation for at least 5 days **AND** until any respiratory symptoms have been improving for at least 24 hours, any gastrointestinal symptoms have been resolved for at least 48 hours, and you do not have a fever (without the use of fever reducing medication).
- If you are not [fully vaccinated](#) (unvaccinated or partially vaccinated with only 1 dose of vaccine) **AND** age 12 or older, **OR** if you are immunocompromised, you **must self-isolate** for 10 days from symptom onset **or** if you have no symptoms, the date of your positive test result, **AND** until your symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms) and you do not have a fever (without the use of fever reducing medication).
- Self-isolation means you must:
  - Stay home, and isolate away from others in the home.
  - Only leave if it's a medical emergency or if permitted by APH.
  - No visitors unless it's essential (e.g., health care providers).
- If you cannot self-isolate in your home, please call APH at 705-942-4646 ext. 5404.
- Do not visit any high-risk settings (e.g., long-term care and retirement homes) or individuals who may be at higher risk of illness (e.g., seniors) until 10 days after symptom onset or your positive test result (whichever came sooner).
- Contact Ontario telehealth (1-866-797-0000) or your health care provider if you have any questions about your symptoms.
- If you are having difficulty breathing or require immediate medical attention, please call 911 and notify them of your COVID-19 status.
- If you are a caregiver to someone with COVID-19, please see [this handout](#) for more information on keeping yourself safe.

### Notify Your Close Contacts

#### 1. Calculate your Period of Communicability

- Period of communicability is the time in which you are infectious and likely to spread the virus to others.
- Your period of communicability began 48 hours before your first symptom appeared. If you do not have symptoms, your period of communicability began 48 hours before you were tested. This lasts until the end of your isolation.



## 2. Consider and List Close Contacts during the Period of Communicability

- A high-risk or close contact is anyone you were less than two meters away from for at least 15 minutes, or multiple shorter lengths of time, without the appropriate and consistent use of personal protective equipment, in the 48 hours before your symptoms began or your positive test result, whichever came first, and until you started your self-isolation.
- A close contact can be someone you shook hands with, hugged, or kissed, but could also be someone you were sitting near, as COVID-19 can be spread through droplets from someone coughing, sneezing, or talking.
- All of your household members are considered close contacts.
- Other close contacts may be family you do not live with, friends, or people you work with.

## 3. Notify Close Contacts

- It is very important you **notify all of your close contacts** that they may have been exposed to COVID-19, and the actions they can take to protect themselves and their loved ones.
- All of your household members (regardless of their vaccine status) must self-isolate while you are self-isolating. **Further information for close contacts, including household close contacts, can be found in the [Letter for Close Contacts of a Positive Tested COVID-19 Case](#).**
- **Please provide all close contacts with the [Letter for Close Contacts of a Positive Tested COVID-19 Case](#).**
- You are encouraged to report your COVID-19 diagnosis (PCR or RAT confirmed) to your employer or occupational health and safety department, as they may need to work with you to notify close contacts in the setting.
- If you have the [Covid Alert app](#), you can also notify other app users you have been near, by going to the [Test Results Website](#) and following the instructions.

*Failure to follow the public health guidance within this letter may result in enforcement under the [Health Protection and Promotion Act, R.S.O. 1990, c. H.7](#).*

## Other COVID-19 Measures and Precautions

Following discharge from self-isolation, please continue to follow public health measures currently required when outside your home (work, schools, childcare, etc.) and continue taking precautions to protect you and your loved ones including getting vaccinated for COVID-19 when eligible, practicing physical distancing of 2 meters (or 6 feet), wearing a face covering, proper hand hygiene, and limiting social gatherings

## 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.

Sincerely,

Algoma Public Health

*The information included in this letter is intended for the direct recipients.  
Please do not disseminate or distribute further.*