



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

This information is NOT applicable for the general public. Highest-risk settings include long-term care homes, retirement homes, First Nation elder care lodges, hospices, home care agencies, hospitals, paramedic services, congregate living settings (e.g. shelter, group home, or correctional facility), Provincial Demonstration schools, and hospital schools.

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

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

- Self-isolate and immediately notify the high-risk setting.
- If you are a worker or volunteer at the high-risk setting, **do not** go to work or volunteer until you receive further information from your employer and/or Algoma Public Health (APH). You will be required to exclude yourself from the workplace for **at least 10 days** after your symptom onset.
- Residents or inpatients of a high-risk setting must isolate for **at least 10 days** after symptom onset or positive test result, whichever came sooner, **AND** until they have no fever and symptoms are improving for 24 hours (or 48 hours if gastrointestinal symptoms).
- 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 (RAT), you or your employer must use [this form](#) to report your positive test results to APH. Those who test positive on a PCR test will automatically have their test results reported to public health by the laboratory. If you do not have access to a fax machine, please call 705-942-4646 ext. 5404 to report your positive RAT result. The phone line is open Monday-Sunday, 9am-4pm.
- APH will help you calculate your period of communicability, which will help you identify your close contacts outside of the high-risk setting. You can also find information in the [Algoma Case and Contact Guide](#) to help you notify your household members and close contacts in the community.

I have Symptoms Compatible with COVID-19 (Presumed COVID-19):

- Self-isolate and immediately notify the high-risk setting.
- If you are a worker or volunteer at the high-risk setting, **do not** go to work or volunteer until you receive further information from your employer and/or APH. You will be required to exclude yourself from the workplace for **at least 10 days** after your symptom onset.
- Schedule a PCR test at the local [COVID-19 Assessment Centre](#), advising them that you work, live, or volunteer at a high-risk setting.
- If you test positive, APH will help you calculate your period of communicability, which will help you identify your close contacts outside of the high-risk setting. You can also find information in the [Algoma Case and Contact Guide](#) to help you notify your household members and close contacts in the community.
- If you test negative on PCR or RAT, you must continue to self-isolate until your respiratory symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms), **AND** you are afebrile without the use of fever reducing medication. If your symptoms worsen, seek PCR testing again. **You must continue to exclude yourself from the workplace for at least 10 days after your symptom onset.**



- Residents or inpatients of a high-risk setting that test positive must isolate for **at least 10 days** after symptom onset or positive test result, whichever came sooner, **AND** until they have no fever and symptoms are improving for 24 hours (or 48 hours if gastrointestinal symptoms).

I am a Close Contact or Household Member of a Confirmed Case of COVID-19 (via PCR or Rapid Antigen Test) or a Person with [Symptoms of COVID-19](#):

- Those who work or volunteer in a high-risk setting must be excluded from the workplace for **at least 10 days** after their last known exposure to COVID-19
 - **Exception:** Close contacts who have previously tested positive for COVID-19 in the last 90 days (based on positive RAT or molecular results) **can** attend work in the highest-risk setting, as long as they are asymptomatic. These individuals are still required to self-monitor for 10 days after last exposure.
- Asymptomatic close contacts or household members who work, volunteer, or attend a high-risk setting can follow guidance in the [Algoma Case and Contact Guide](#) regarding self-monitoring/self-isolation in the community (i.e., outside of the highest-risk setting), unless otherwise directed by APH.
- During critical staffing shortages, further information may be provided by APH regarding exclusion from work.
- Residents or inpatients of a high-risk setting must isolate in the facility for **10 days** after their last known exposure to COVID-19.
- Follow any additional guidance or recommendations on testing provided to you by APH.

COVID-19 Measures and Precautions

- For a **total of 10 days (or 20 days for immunocompromised individuals)** after symptom onset or a positive test result for cases, or a **total of 10 days for asymptomatic close contacts or household members** since last exposure:
 - Continue to wear a well-fitted mask and physical distance in all public settings
 - Maintain masking as much as possible in public settings. Reasonable exceptions would include removal for essential activities like eating (e.g., when eating in shared space at school/work and maintaining as much distancing as possible)
 - Participation in activities where masking can be maintained may be resumed, but individuals should **avoid** activities where mask removal would be necessary (e.g., dining out)
 - Individuals who are exempt from masking (e.g., children under two years of age, etc.) may return to public settings without masking
 - Do **not** visit anyone who is immunocompromised or at higher risk of illness (i.e. seniors)
 - Do **not** visit or attend work in any highest-risk settings (**unless** you are an asymptomatic close contact/household member not required to isolate and have previously tested positive for COVID-19 on a rapid antigen test or molecular test in the past 90 days)

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.](#)

More Information

For more information, visit the [Algoma COVID-19: Case and Contact Guide](#) or call the COVID-19 Support Line at 705-942-4646 ext. 5404. The phone line is open weekdays and weekends (7 days a week) from 9am – 4pm.