Instructions for those with COVID-19 symptoms and have been 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](https://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.
- If you must leave your room, in addition to keeping at least 2 metres (6 feet) apart from other persons in the home, it is best to wear a face mask, cloth or surgical, to protect the other persons.
- 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 have to be in contact with others, practice physical distancing and keep at least 2 metres (6 feet) between yourself and the other person.
- 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.

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* If this is not possible, call 2-1-1 for information on the full range of community, social, government, and health services and programs available in Ottawa, and how to access them.

Notifying your close contacts

- Please advise anyone with whom 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 person with 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 you are having worsening symptoms of respiratory illness, including a fever or worsening cough and flu-like symptoms, and are in need of medical attention, please go to one of the COVID-19 Care Clinics.
- If you are in distress (e.g., significant trouble breathing, chest pain, fainting, or have a significant worsening of any chronic disease symptoms), go to the nearest Emergency Department or call 9-1-1.

Criteria to end self-isolation

- Discontinuing self-isolation depends on if you know if you have been exposed to COVID-19 and on your COVID-19 test result.
- Please refer to the following table for your situation. You can end self-isolation when:
<table>
<thead>
<tr>
<th>Exposure History</th>
<th>COVID-19 Test Positive</th>
<th>COVID-19 Test Negative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Known exposure to a person with COVID-19</td>
<td>Fourteen (14) days after symptoms started AND you have no fever AND your symptoms are improving</td>
<td>Fourteen (14) days after symptoms started AND you have no fever AND your symptoms are improving</td>
</tr>
<tr>
<td>No known exposure to a person with COVID-19</td>
<td>Fourteen (14) days after symptoms started AND you have no fever AND your symptoms are improving</td>
<td>24 hours after symptoms resolve</td>
</tr>
</tbody>
</table>

* Please note: health care workers have different criteria for discontinuing self-isolation. Please refer to the “Instructions for workers in health care facilities and institutions” located at OttawaPublicHealth.ca/Self-Isolate for more information.

**International travel**

- Please note that if you are returning to Canada from international travel, you MUST self-isolate for fourteen (14 days) even if you don’t have any common or less common symptoms of COVID-19.
- On March 25, 2020 the Government of Canada issued an Emergency Order under the Quarantine Act that requires any person entering Canada by air, sea, or land to self-isolate for 14 days, except essential workers who cross the border.
- Please see canada.ca/COVID19 for more information.

**Continue physical distancing AFTER your self-isolation has ended – these recommendations apply to all persons**

- 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.