Returning Traveler - Interim Testing Recommendations for COVID-19
(to best deploy testing supplies in Wellington-Dufferin-Guelph)
March 17, 2020

Person returned from travel outside of Canada (including from the United States) in the past 14 days

Is the person age 17 years or older

YES

Self-isolate for 14 days from day of return

Is the person an essential worker?

YES

Does the essential worker have any symptoms?

YES

Self-isolate and call your health care provider

NO

Mild symptoms can be managed at home:
- Testing is not recommended
- Self-isolate for 24 hours after all symptoms fully resolve and 14 days of self-isolation are complete (whichever is longer)

NO

Are the symptoms severe?

YES

Seek immediate medical attention. Notify EMS/health care provider about travel history.

NO

COVID-19 testing is recommended

Remain self-isolated until test results are available

• Report to employer before joining work
• Closely self-monitor for symptoms
• Self-isolate as soon as symptoms develop (even mild symptoms) and call your health care provider to arrange for COVID-19 testing

COVID-19 Testing Criteria
A person must have symptoms at time of testing AND any one of the following is true:
- Had close contact with a confirmed case of COVID-19
- Has severe symptoms or is admitted to hospital
- Is an essential worker
- Resides in long-term care home, retirement home or other institutional setting
- First Nations Community member living on-reserve
- Testing recommended by the Medical Officer of Health

1Essential worker: Health care worker – physician, nurse, paramedic, allied health professional
Any position within an organization that provides essential services, that is determined to be essential for the functioning of the organization

2Symptoms of COVID-19:
- Fever or new cough or difficulty breathing
- Muscle aches, fatigue, headache, sore throat, runny nose or diarrhea
- Symptoms in young children may be non-specific (e.g. lethargy, poor feeding)

2Severe symptoms:
- Based on clinical judgement on the part of the attending health care provider
- Could include shortness of breath when walking, exercising, or at rest, which is unusual for the patient; chest pain; extreme fatigue; drowsiness; unstable vital signs

Adapted from Halton Region’s Interim Testing Recommendations for COVID-19.