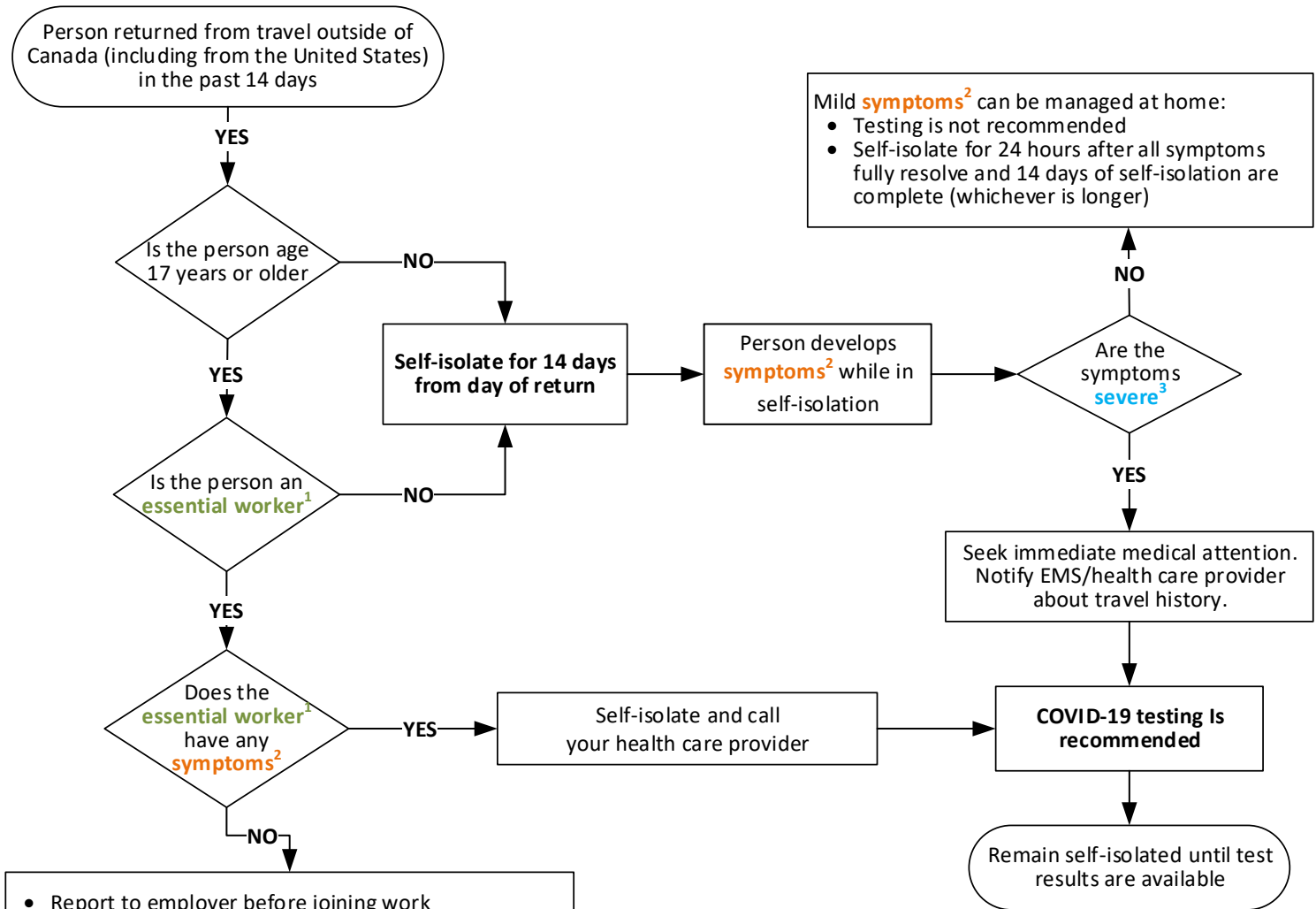


Returning Traveler - Interim Testing Recommendations for COVID-19 (to best deploy testing supplies in Wellington-Dufferin-Guelph)

March 17, 2020



- Report to employer before joining work
- Closely self-monitor for symptoms²
- 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 symptoms² at time of testing AND any one of the following is true:

- Had close contact with a confirmed case of COVID-19
- Has severe³ symptoms or is admitted to hospital
- Is an essential worker¹
- 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)

³Severe 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.