

This document is based on the Ministry of Health's [Management of Cases and Contacts of COVID-19 in Ontario \(Version 13.0\)](#), [COVID-19 Fully Immunized and Previously Positive Individuals: Case, Contact and Outbreak Management Interim Guidance \(Version 3\)](#), and [COVID-19 Provincial Testing and Clearance Guidance \(Version 14\)](#). Note that health units may have different recommendations based on their local epidemiology.

**Please note that this document does not incorporate measures specific to Omicron cases, as outlined in the [COVID-19 Variant of Concern Omicron \(B.1.1.529\): Case, Contact and Outbreak Management Interim Guidance](#).**

Users of this document must ensure that they are following the most up-to-date guidance from the Ministry of Health and Wellington-Dufferin-Guelph Public Health (WDGPH). The most recent version of this document can be found in the [COVID-19 Information for Health Care Providers](#) section of our website, under [Symptoms, Screening and Testing](#). Please check for updates frequently.

## Definitions:

**Fully Vaccinated (FV)** – An individual  $\geq 14$  days after receiving their second dose of a two-dose COVID-19 vaccine series or their first dose of a one-dose COVID-19 vaccine series.

**Previously Positive (PP)** – An individual who was a confirmed case of COVID-19 where their initial positive result was  $\leq 90$  days ago and they have been cleared from their infection.

## Additional References:

Ontario Ministry of Health – [You've been exposed to someone who has tested positive for COVID-19, now what?](#)

WDGPH – [Guidance for After COVID-19 Testing](#)

Ontario Ministry of Health – [COVID-19 Provincial Testing Guidance Update](#)

PHAC – [Persons Exempt from Mandatory Quarantine Due to COVID-19](#)

**\*Updated information is highlighted in yellow.**

WHO TO TEST	WHEN TO TEST	INDIVIDUAL ACTIONS (While Tests Pending)	FOR CLOSE CONTACTS (While Tests Pending)	IF TEST IS POSITIVE (PH will provide guidance for each case)	IF TEST IS NEGATIVE
<b>NO KNOWN EXPOSURE TO COVID-19 CASE</b>					
ASYMPTOMATIC <ul style="list-style-type: none"> <li>Individuals who are part of an outbreak investigation</li> </ul>	Per WDGPH guidance provided to client	<ul style="list-style-type: none"> <li>Self-monitor</li> <li>If symptoms develop self-isolate and seek testing</li> </ul>	<ul style="list-style-type: none"> <li>Self-monitor</li> <li>If symptoms develop self-isolate and seek testing</li> </ul>	<ul style="list-style-type: none"> <li>Self-isolation x10 days from test date</li> <li>If ICU level care or severe immunocompromise → isolation extended until 20 days from test date or symptom onset</li> <li>Can D/C isolation when PH clearance provided AND afebrile without medication AND &gt;24hrs symptoms improving</li> <li>Close contacts isolate x10 days from last contact (not required for <b>FV or PP</b>) &amp; seek testing</li> <li><b>FV</b> → re-testing recommended</li> </ul>	<ul style="list-style-type: none"> <li>Self-monitor for symptoms</li> <li>If symptoms develop → self-isolate and repeat testing</li> <li>If returning from travel outside of Canada and not <b>FV</b> → abide by mandatory quarantine (14 days from arrival)</li> </ul>
ASYMPTOMATIC <ul style="list-style-type: none"> <li>Individuals who are part of a provincial testing initiative (e.g. LTC)</li> </ul>	Per Ministry of Health testing guidance				
SYMPTOMATIC	ASAP	<ul style="list-style-type: none"> <li>Self-isolate</li> </ul>	<ul style="list-style-type: none"> <li>Self-monitor</li> <li>Household (HH) contacts should self-isolate (not required for <b>FV or PP</b>)</li> <li>If symptoms develop self-isolate and seek testing</li> </ul>	<ul style="list-style-type: none"> <li>Self-isolation x10 days from symptom onset</li> <li>If ICU level care or severe immunocompromise → isolation extended until 20 days from symptom onset</li> <li>Can D/C isolation when PH clearance provided AND afebrile without medication AND &gt;24hrs symptoms improving</li> <li>Close contacts isolate x10 days from last contact (not required for <b>FV or PP</b>) &amp; seek testing</li> </ul>	<ul style="list-style-type: none"> <li>D/C isolation and remain home if unwell</li> <li>If symptoms change or worsen → self-isolate and repeat testing</li> <li>If returning from travel outside of Canada and not <b>FV or PP</b> → self-isolate for an additional 14 days from symptom onset</li> </ul>

WHO TO TEST	WHEN TO TEST	INDIVIDUAL ACTIONS (While Tests Pending)	FOR CLOSE CONTACTS (While Tests Pending)	IF TEST IS POSITIVE (PH will provide guidance for each case)	IF TEST IS NEGATIVE
<b>CLOSE CONTACT OR HIGH-RISK EXPOSURE TO A COVID-19 CASE</b>					
ASYMPTOMATIC	ASAP and on or after Day 7 since last exposure (or as directed by Public Health)	<ul style="list-style-type: none"> <li>Self-isolate</li> <li><b>FV or PP</b> → self-monitor and avoid non-essential visits to settings with vulnerable popln.</li> </ul>	<ul style="list-style-type: none"> <li>Self-monitor</li> <li>If symptoms develop self-isolate and seek testing</li> <li>HH contacts should not attend school or child care for the duration of the self-isolation period and only leave home for other essential reasons (e.g., work, groceries) – not required for <b>FV or PP</b></li> </ul>	<ul style="list-style-type: none"> <li>Self-isolation x10 days from test date</li> <li>If ICU level care or severe immunocompromise → isolation extended until 20 days from test date or symptom onset</li> <li>Can D/C isolation when PH clearance provided AND afebrile without medication AND &gt;24hrs symptoms improving</li> <li>Close contacts isolate x10 days from last contact (not required for <b>FV or PP</b>) &amp; seek testing</li> <li><b>FV</b> → re-testing recommended</li> </ul>	<ul style="list-style-type: none"> <li>Self-isolation x10 days from last exposure (from dismissal date if part of school cohort). HH contacts (not <b>FV or PP</b>) should not attend school or child care for the duration of the self-isolation period &amp; only leave home for other essential reasons (e.g., work, groceries)</li> <li><b>FV or PP</b> → self-isolation not required; avoid non-essential visits to settings with vulnerable popln. for 10 days</li> <li>If tested negative before day 7 → repeat testing on or after day 7</li> <li>If symptoms develop → repeat testing</li> </ul>
SYMPTOMATIC	ASAP (even if already tested while asymptomatic)	<ul style="list-style-type: none"> <li>Self-isolate</li> </ul>	<ul style="list-style-type: none"> <li>HH contacts should self-isolate (not required for <b>FV or PP</b>)</li> <li>If symptoms develop seek testing</li> </ul>	<ul style="list-style-type: none"> <li>Self-isolation x10 days from symptom onset</li> <li>If ICU level care or severe immunocompromise → isolation extended until 20 days from test date or symptom onset</li> <li>Can D/C isolation when PH clearance provided AND afebrile without med. AND &gt;24hrs symptoms improving</li> <li>Close contacts isolate x10 days from last contact (not required for <b>FV or PP</b>) &amp; seek testing</li> </ul>	<ul style="list-style-type: none"> <li>Self-isolation x10 days from last exposure (from dismissal date if part of school cohort). HH contacts (not <b>FV or PP</b>) should not attend school or child care for the duration of self-isolation period &amp; only leave home for other essential reasons (e.g., work, groceries)</li> <li><b>FV or PP</b> → D/C isolation after symptoms improving and afebrile for 24 hours (48 hours for GI sym.); avoid non-essential visits to settings with vulnerable popln. for 10 days</li> <li>If symptoms change or worsen → repeat testing</li> </ul>

WHO TO TEST	WHEN TO TEST	INDIVIDUAL ACTIONS (While Tests Pending)	FOR CLOSE CONTACTS (While Tests Pending)	IF TEST IS POSITIVE (PH will provide guidance for each case)	IF TEST IS NEGATIVE
<b>NOTIFIED OF EXPOSURE VIA COVID APP</b>					
ASYMPTOMATIC	ASAP and on or after Day 7 since notification	<ul style="list-style-type: none"> <li>• Self-isolate</li> <li>• <b>FV or PP</b> → self-monitor</li> </ul>	<ul style="list-style-type: none"> <li>• Self-monitor</li> <li>• If symptoms develop isolate and seek testing</li> </ul>	<ul style="list-style-type: none"> <li>• Self-isolation x10 days from test date</li> <li>• If ICU level care or severe immunocompromise → isolation extended until 20 days from test date or symptom onset</li> <li>• Can D/C isolation when PH clearance provided <b>AND</b> afebrile without medication <b>AND</b> &gt;24hrs symptoms improving</li> <li>• Close contacts isolate x10 days from last contact (not required for <b>FV or PP</b>) &amp; seek testing</li> <li>• <b>FV</b> → re-testing recommended</li> </ul>	<ul style="list-style-type: none"> <li>• Self-monitor for symptoms x10 days from App notification</li> <li>• If tested negative before day 7 → repeat testing on or after day 7</li> <li>• If symptoms develop → self-isolate and repeat testing</li> </ul>
SYMPTOMATIC	ASAP	<ul style="list-style-type: none"> <li>• Self-isolate</li> </ul>	<ul style="list-style-type: none"> <li>• Self-monitor</li> <li>• Household contacts should self-isolate (not required for <b>FV or PP</b>)</li> <li>• If symptoms develop isolate and seek testing</li> </ul>	<ul style="list-style-type: none"> <li>• Self-isolation x10 days from symptom onset</li> <li>• If ICU level care or severe immunocompromise → isolation extended until 20 days from test date or symptom onset</li> <li>• Can D/C isolation when PH clearance provided <b>AND</b> afebrile without medication <b>AND</b> &gt;24hrs symptoms improving</li> <li>• Close contacts isolate x10 days from last contact (not required for <b>FV or PP</b>) &amp; seek testing</li> </ul>	<ul style="list-style-type: none"> <li>• D/C Isolation and remain home if unwell</li> <li>• If symptoms change or worsen → repeat testing</li> </ul>

## Frequently Asked Questions

### *How are high-risk contacts identified? (community/workplaces/schools)*

- In all settings (**except health care or other settings where PPE is used**), high risk contacts would include anyone who had:
  - Direct contact with infectious body fluids of the case (e.g., coughed or sneezed on)
  - Other close, prolonged, unprotected contact (e.g., contact with a case within 2 metres for more than a transient amount of time, particularly if case and/or contact was not masked.
  - A transient interaction (e.g., walking past someone on the sidewalk) does not qualify as high-risk contact

### *When can employees from a company with positive cases be tested?*

- Public health will contact individuals in the workplace who have been identified as high-risk contacts and recommend that they get tested and/or provide information to the workplace to advise as to which workers require testing.

### *What happens if an individual receives a positive antigen point-of-care test (POCT) or molecular self-test?*

- A positive result from an antigen POCT (e.g., Panbio, BD Veritor, **or BTNX**) or molecular self-test (e.g., Lucira) will require confirmatory testing through lab-based PCR test or molecular POCT (e.g., ID NOW, GeneXpert) ideally within 48 hours. If the lab-based PCR test or rapid molecular POCT is positive, the individual will be considered a confirmed case. If the **rapid molecular POCT test is negative**, confirmatory PCR is required. Review [Point-of-Care Testing Use Case Guidance](#).

### *What is the testing and clearance guidance for Health Care Workers?*

- Continue to follow the guidance for Health Care Workers in [COVID-19 Quick Reference Public Health Guidance on Testing and Clearance \(Version 15\)](#).

### *When should a previously cleared case be re-tested?*

- Re-testing after clearance should be based on clinical indications for testing (e.g., new symptoms), OR as directed in the context of new high-risk exposures or outbreak investigations.
- Asymptomatic surveillance testing should resume **after 90 days** from the date of their positive result.

## ***For household contacts of symptomatic individuals, how long do they need to self-isolate?***

- All household contacts of symptomatic individuals should self-isolate until any one of the following criteria are met:
  - The symptomatic individual receives a negative COVID-19 test result.
  - The symptomatic individual receives an alternative diagnosis.
  - 10 days have passed since the contact's break in contact with the symptomatic individual (if no break in contact, the 10 days should begin 10 days after the symptomatic individual developed their symptoms).
- If the household contact is **fully vaccinated or previously positive and asymptomatic**, they do not need to self-isolate.

## ***For household members (not FV or PP) of close contacts, what are considered "other essential" activities?***

- Examples of activities that are considered essential are working or volunteering (if cannot be done from home), obtaining food, beverages and personal care items, obtaining financial, government, social or health care services, necessary maintenance for household or business, to support or provide assistance to someone that requires it, and attending a gathering for a funeral or religious service.
- Unvaccinated members of a household where someone has had a high-risk exposure should not attend school or child care. They can return to school/child care and non-essential activities once the isolation period ends.

## ***Are individuals with COVID-19 symptoms who pass the COVID-19 screening tool still eligible for testing?***

- Yes, individuals with any symptom of COVID-19 that is new, worsening or different from an individual's baseline health status (usual state), and is listed in the current [Reference Document for Symptoms](#), (i.e., fever/chills, cough, shortness of breath, new olfactory or taste disorder, fatigue/lethargy/malaise, myalgias, nausea/vomiting diarrhea, sore throat, runny nose, nasal congestion, abdominal pain, headache, conjunctivitis, or decreased appetite or lack of appetite for young children) are eligible for free PCR testing at a testing centre.