

194 Terrace Hill Street, Brantford, ON N3R 1G7 • 519-753-4937

Information for Cases

What You Need to Know

You have tested positive for COVID-19. Public health staff in your jurisdiction will be in contact with you to inform you of your positive result within 24-48 hours of receiving it.

What You Need to Do

- Immediately begin self-isolating in your home
 - Follow [Public Health Ontario “How to Self-Isolate”](#) for instructions on how to effectively self-isolate.
 - You should be staying in a separate room from your family members and have very limited contact with them.
 - If needing to come out of your room and access a common living space (i.e., kitchen or bathroom), you must wear a mask and keep a six-foot distance. Additionally, others in your house should regularly clean and disinfect commonly touched surfaces.
- Monitor your symptom progression
 - If you develop serious symptoms such as chest pain or shortness of breath and are not coping well at home, you should seek medical attention at a hospital.
 - Wear a mask, maintain physical distancing, and inform the hospital immediately that you have tested positive for COVID-19.
- Assess when you can be cleared from self-isolation
 - You may be out of isolation on the eleventh day from symptom onset as long as you no longer have a fever (and are not taking any fever reducing medications) **and** your symptoms are improving for at least 24 hours.
 - For example, if symptoms started on Dec. 1, you will isolate until Dec. 11 and be out of isolation Dec. 12.
- Once you have completed your self-isolation period:
 - There is no need to be re-tested. You should not receive a COVID-19 test again unless you develop new COVID-19 symptoms.
 - You must continue public health practices of wearing a face covering, physical distancing, handwashing and following COVID-19 restrictions within your community.

Information about Contacts

Who Are Your Close Contacts?

- A person with COVID-19 is contagious 48 hours before symptom onset (or 48 hours before the COVID-19 test was done if person is having no symptoms).
 - For example, if you developed symptoms on Dec. 1, you were contagious starting Nov. 29.
- A close contact (also known as a high-risk contact) is someone you have had close contact with during the time you were contagious.
 - Some of the factors that make a contact high-risk is if there was no mask use, inconsistent distancing, prolonged time spent together (i.e., >15 min), or contact with any of your respiratory droplets.

Direction for Household Contacts

- Household members must self-isolate in the home for 14 days from the last date they had close contact with you
 - For example, if you began isolating in your own room on Dec. 4 after receiving a diagnosis of COVID-19, your household would isolate from Dec. 4 - 18 and be out of isolation on Dec. 19.
- If additional members of your household test positive, self-isolation dates for remaining asymptomatic contacts will need to be reassessed by your local public health unit.

Direction for Other Close Contacts

- All other close contacts (i.e., from work, school, daycare, social gatherings) will need to self-isolate for 14 days from the last time they had close contact to you while you were contagious