

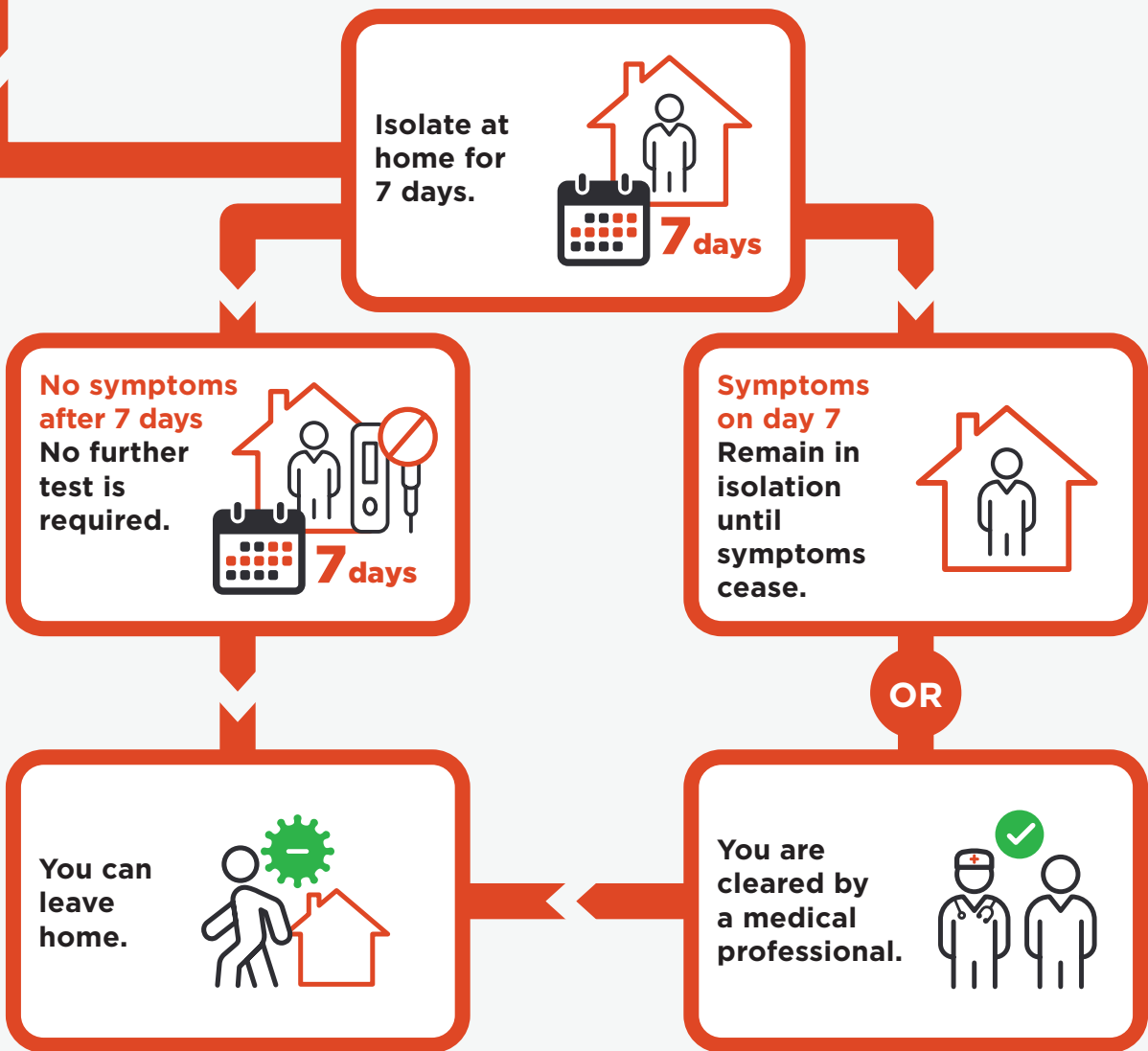


# COVID-19: New testing and isolation protocols in a high caseload environment



## I have tested positive for COVID-19

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you know when and how long you need to isolate for if you are COVID-19 positive.



### Symptoms include:



Fever



Sore/scratchy throat



Runny nose



Fatigue



Shortness of breath



Dry cough



# COVID-19: New testing and isolation protocols in a high caseload environment



## I am a close contact and have no symptoms

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you know what to do if you are a close contact but have no symptoms.

**Isolate for 7 days from date of contact.**

**Monitor for symptoms.**

**Symptoms**  
Refer to 'I am not a close contact and I have symptoms' protocol.

**No symptoms**  
Take a RAT on day 7.

**Test positive**  
Refer to the 'I have tested positive to COVID-19' protocol.

**Test negative**  
You can leave your home after day 7 of isolation, providing there are no new cases in your household.

**Symptoms include:**

Fever	Runny nose
Fatigue	Sore/scratchy throat
Dry cough	Shortness of breath

If someone in your household tests positive, isolate for 7 days (start this process again).



# COVID-19: New testing and isolation protocols in a very high caseload environment



## I am a close contact and a critical worker

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol is for critical workers who are close contacts of someone who tests positive for COVID-19.

### Contact your employer

You may be exempt from isolation requirements in order to attend work but only if it is necessary for continuity of critical operations, and other options have been exhausted.



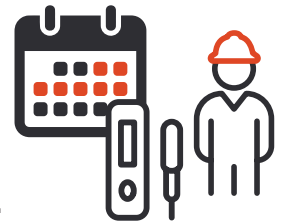
### Symptoms

Refer to 'I am a close contact who develops symptoms' protocol.



### No symptoms

To go to work, you must take a RAT every day for 7 days.



### Test positive

Refer to the 'I have tested positive to COVID-19' protocol.



### If you test negative and you are going to work:

- you must isolate outside of work for 7 days
- wear a surgical mask outside home
- follow workplace safety requirements
- if possible, travel alone to work
- if not possible, wear a mask while car-pooling or using public transport



### Symptoms include:



Fever



Runny nose



Fatigue



Sore/scratchy throat



Dry cough



Shortness of breath

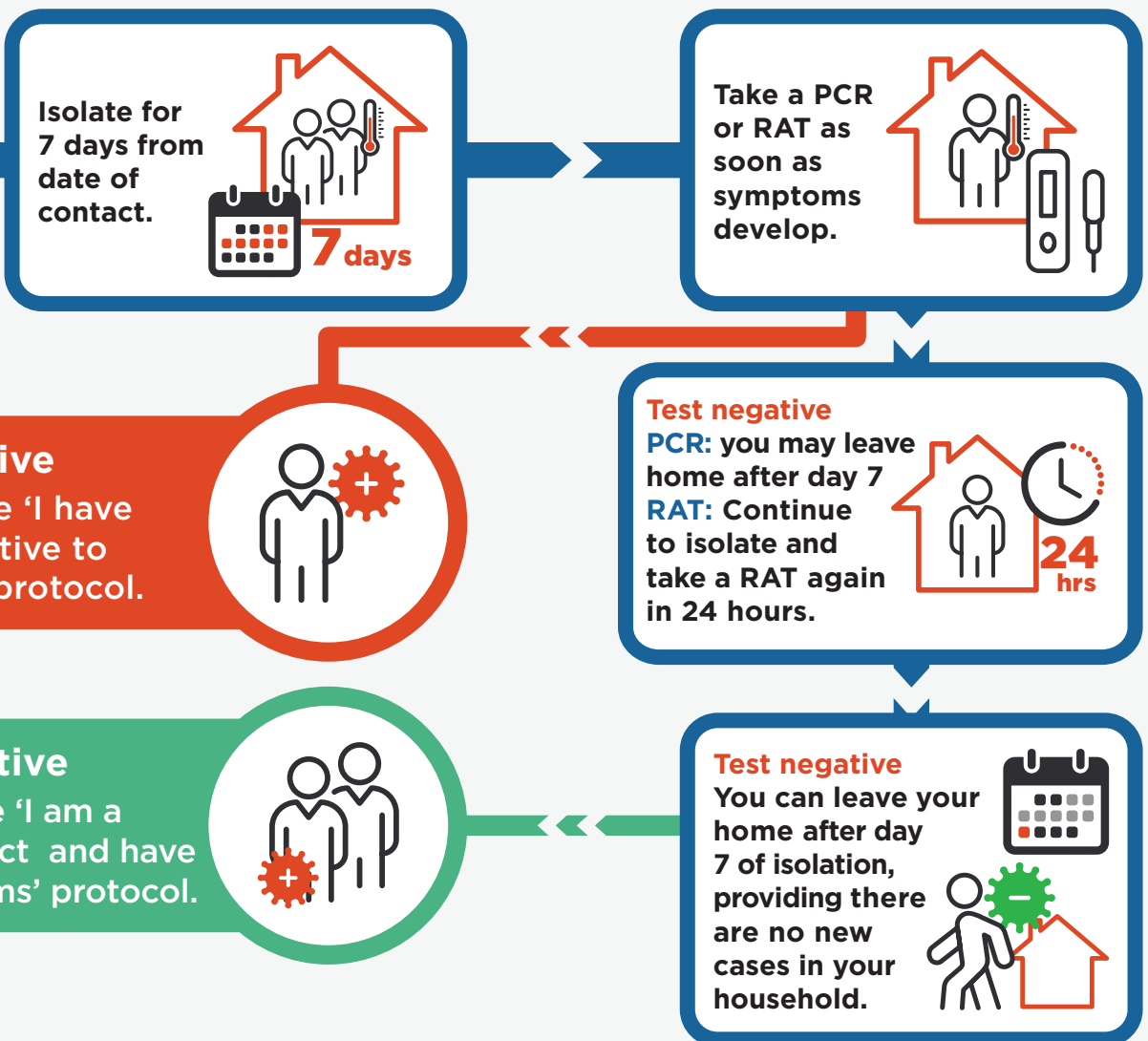


# COVID-19: New testing and isolation protocols in a high caseload environment



## I am a close contact who develops symptoms

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you if you have symptoms and are a symptomatic close contact of someone who has tested positive for COVID-19.



**Test positive**  
Refer to the 'I have tested positive to COVID-19' protocol.



**Test negative**  
PCR: you may leave home after day 7  
RAT: Continue to isolate and take a RAT again in 24 hours.



**Test negative**  
Refer to the 'I am a close contact and have no symptoms' protocol.



**Test negative**  
You can leave your home after day 7 of isolation, providing there are no new cases in your household.



- Symptoms include:**
- Fever
  - Sore/scratchy throat
  - Runny nose
  - Fatigue
  - Shortness of breath
  - Dry cough



# COVID-19: New testing and isolation protocols in a high caseload environment



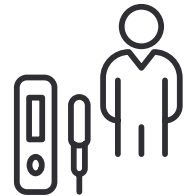
## I am not a close contact and I have symptoms

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you know what to do if you have symptoms.

Get a PCR test if you can. This is the preferred option. Isolate until the results come back.



If you can't get a PCR test, get a RAT immediately.



If your PCR test is negative, you are not required to isolate. But you should stay home where possible, until your symptoms clear.



**Test negative**  
Continue to isolate and repeat the RAT in 24 hours.



If second RAT is negative you are not required to isolate. But you should stay home where possible, until your symptoms clear.



**Test positive**  
Refer to the 'I have tested positive to COVID-19' protocol.



### Symptoms include:



Fever



Sore/scratchy throat



Runny nose



Fatigue



Shortness of breath



Dry cough