



Information for Individuals who Test Positive for COVID-19

People who test positive for COVID-19 infection are referred to as “cases” and the people who have been in close contact with a case during the time that the case is infectious are referred to as “close contacts”. As a COVID-19 case you are required to self-isolate for a period of at least 10 days so that you do not spread the infection to others. You will be advised of the date that you may stop self-isolating by Public Health. This date will be based on an assessment of your symptoms (if any) and your test date. Public Health will also determine whether your close contacts are at high or low risk of infection and will advise your contacts on what they are required to do regarding testing and self-isolation.

Please note that a legally enforceable [Class Order under the Health Protection and Promotion Act](#), is currently in effect. It requires all individuals in Public Health Sudbury & Districts’ service area who are either a case, potential case or contact of a case, to follow Public Health direction.

Public Health Sudbury & Districts is directing you to do five things:

1. **Self-isolate** (isolate yourself) from all others (including those in your household) for at least 10 full days. Instructions on self-isolation are found below. On the date communicated to you by Public Health you will be allowed to end isolation provided the below noted criteria are met.
2. **Notify your household members** that you have tested positive for COVID-19 and provide them with the document, [Public Health Information for High-Risk Contacts Living in the Same Household of a Case of COVID-19](#). Public Health will follow-up directly with any non-household close contacts and we will protect your personal information.
3. If you have **symptoms and are feeling unwell**, you are encouraged to reach out to the community paramedicine program. This program can provide support to you by monitoring your health daily during your infection. It is available at no cost. Further information is found below.

Sudbury

1300 rue Paris Street
Sudbury ON P3E 3A3
t: 705.522.9200
f: 705.522.5182

Elm Place

10 rue Elm Street
Unit / Unité 130
Sudbury ON P3C 5N3
t: 705.522.9200
f: 705.677.9611

Sudbury East / Sudbury-Est

1 rue King Street
Box / Boîte 58
St.-Charles ON P0M 2W0
t: 705.222.9201
f: 705.867.0474

Espanola

800 rue Centre Street
Unit / Unité 100 C
Espanola ON P5E 1J3
t: 705.222.9202
f: 705.869.5583

Île Manitoulin Island

6163 Highway / Route 542
Box / Boîte 87
Mindemoya ON P0P 1S0
t: 705.370.9200
f: 705.377.5580

Chapleau

34 rue Birch Street
Box / Boîte 485
Chapleau ON P0M 1K0
t: 705.860.9200
f: 705.864.0820

toll-free / sans frais

1.866.522.9200

phsd.ca



4. Consider **not getting re-tested for at least 90 days** after you are notified by Public Health that you are no longer required to self-isolate, unless you have new symptoms or a new high-risk exposure. Current information about COVID-19 indicates that some people continue to test positive for weeks or months after their initial infection, even though they can no longer spread the infection to others. If you develop new symptoms or have a new high-risk exposure after you have been told by Public Health that you may stop self-isolating, please call us at 705.522.9200, ext. 718 and we can advise whether or not you should be re-tested.
5. **Read through all of the information** below and follow the instructions carefully.

Instructions for self-isolating to protect others

Stay home and avoid contact with others (including other people in your house)

- DO NOT go out and DO NOT have visitors unless they are essential (e.g. care providers – tell them prior that you are a case of COVID-19).
- Stay away from others in your household. Sleep in a separate bedroom and use a separate bathroom where possible. If you cannot stay away from household members, make sure that there is good airflow (open windows as weather permits). Everyone should always keep a distance of at least two (2) metres, and everyone should wear a mask that covers the nose, mouth, and chin without gaps. Each time you interact with others in your home you increase the chances of spreading infection. This may impact the self-isolation duration for those living in your household.
- Ask friends or extended family members to pick up groceries/supplies for you or arrange for deliveries. Have items left at your door so there is no contact with the delivery person.

Criteria for isolation duration

- You must isolate for **at least** 10 days. You may stop self-isolating on the 11th day as directed by public health provided that the following criteria are met:
 - If you had symptoms, it has been 10 full days from your symptom onset, you do not have a fever (without the use of fever-reducing medications), and your symptoms have been improving for at least 24 hours.
 - Note: Fever (temperature of 37.8C/100.0F or greater)
 - If you have never had symptoms, it has been 10 full days since your positive test date.
 - A 20-day self-isolation period may be required for individuals with severe immune compromise. Public Health will advise you if this applies.
- **Public Health no longer contacts cases of COVID-19 to release them from self-isolation. You are released from isolation if the above criteria are met. However, we remain available at 705.522.9200, ext. 718 to answer any questions and provide additional information. Do not hesitate to contact us.**

Clean your hands

- Wash your hands well and often with soap and water or an alcohol-based hand sanitizer. To dry hands, it is better to use paper towel or a cloth towel that no one else shares.

Keep shared environments clean

- Clean and disinfect high-touch surfaces in your home including light switches, handles, doorknobs, remote controls, etc. at least twice each day if you share a household with others and use rooms that other people may use as well.

Cover coughs and sneezes

- Cough or sneeze into a tissue or your elbow, but not your hands. Throw used tissues into a lined wastebasket and wash your hands right away. Whoever empties that wastebasket should wash their hands right after too.

Monitor your health

- Community paramedicine has a program called Remote Patient Monitoring (RPM) for cases of COVID-19 who are experiencing illness, are worried about their symptoms, and might benefit from symptom monitoring throughout their illness. It is available at no-cost.
- Through RPM you are provided with equipment to monitor your health for the duration of your illness. The program consists of an initial home visit and assessment, daily phone consultations and access to a Community Paramedic if there is a change in your health status.
- If you are interested in having the community paramedicine program follow-up with you, please contact them directly between the hours of 8 am and 8 pm at 705.919.0265 and let them know that you would like to participate in the program.

If you have any worsening symptoms, call Telehealth at 1.866.797.0000 or a healthcare provider. For **urgent** medical help, call 911. Advise care providers that you are a case of COVID-19.

Seek support if you are having difficulty self-isolating

If you are having trouble self-isolating because you need essential items such as groceries or medications and have no one to support you, call 705.522.9200, ext. 718 and we can provide you with contact information and/or referral to access the items you need in order to maintain your self-isolation.

Where to get more information

- Visit phsd.ca for more information about COVID-19.
- Call Public Health Sudbury & Districts at 705.522.9200, ext. 718 or toll-free at 1.866.522.9200.

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