

Community Living Toronto Testing and Clearance Guidance

You have symptoms and are concerned you may have COVID-19. Now what?

Do you have any of these symptoms: Fever/chills, cough, shortness of breath, decrease/loss of smell and taste?

No

Yes

Do you have two or more of these symptoms?:

- Sore throat
- Headache
- Extreme fatigue
- Runny nose/nasal congestion
- Muscle aches/joint pain
- GI Symptoms (i.e. vomiting or diarrhea)

No

Yes

- It is less likely that you have COVID-19 infection.
- Self-isolate until your symptoms are improving for at least 24 hours (48 hours for gastrointestinal symptoms).
- Your household members do not need to self-isolate.
- You can return to work after your symptoms resolve, as outlined above

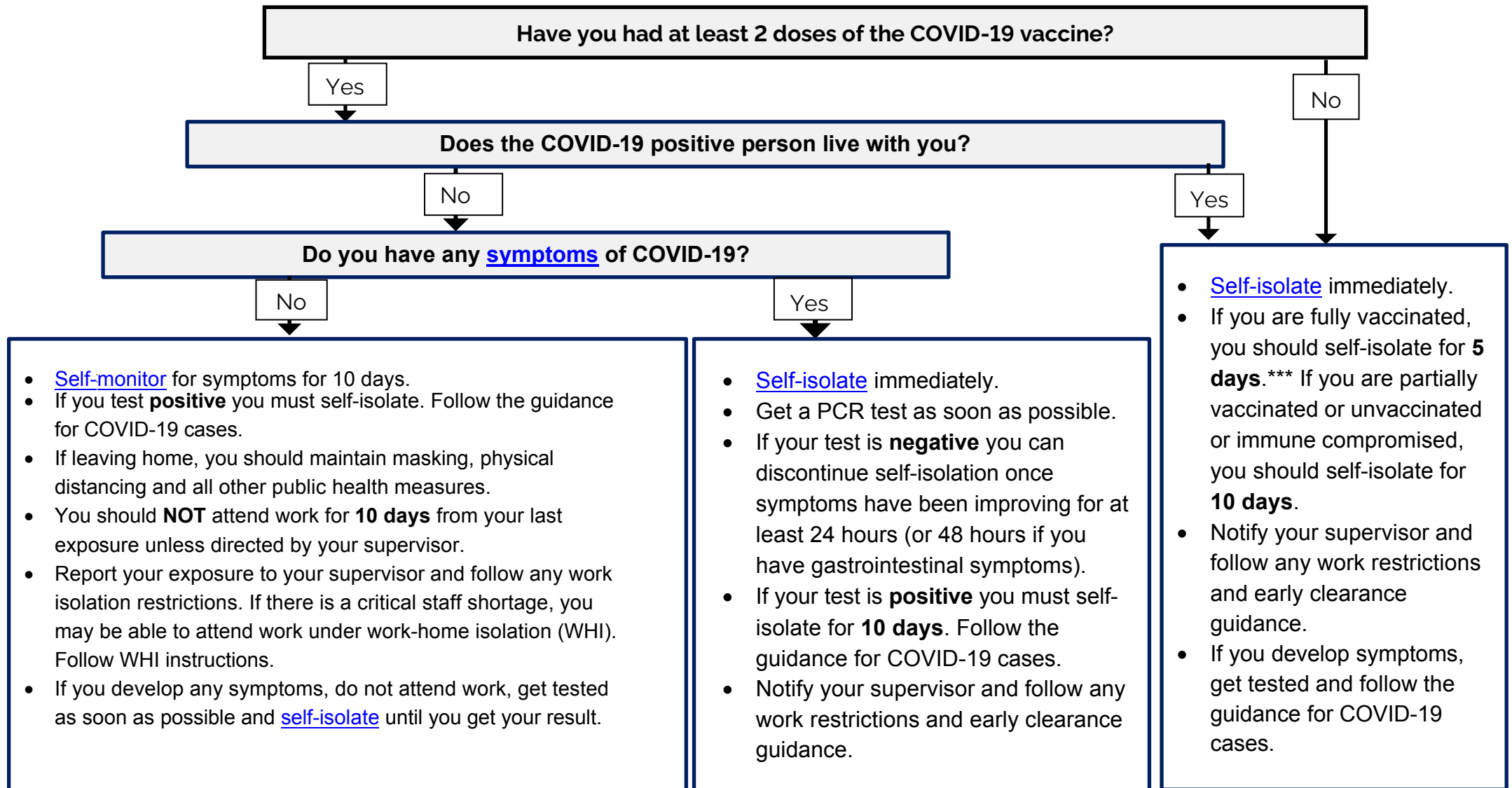
- It is highly likely that you have a COVID-19 infection.
- You must [self-isolate](#) immediately:
For at least **5 days** from your symptom onset and until your symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms) whichever is longer in duration if you are:
 - 12 years of age or older AND fully vaccinated;
 - 11 years old or younger, regardless of your vaccination status;
 - and you may return to work if you can work or offer support remotely (you must not attend the workplace).For **10 days** from your symptom onset if you are:
 - 12 years of age or older AND either partially vaccinated or unvaccinated;
 - Immune compromised, regardless of your age;
 - **providing service or work in a highest risk setting***All of your household members (regardless of their vaccination status) must self-isolate while you are self-isolating. Most individuals do not need a COVID-19 test. However, if you work in a highest risk setting or provide support to someone who is immune compromised, get a PCR test, rapid molecular test or rapid antigen tests (if you have access). If testing is not available, you must fulfill the self-isolation period. **If you test negative you may be able to discontinue isolation. Notify your supervisor and follow any work restrictions.**
If your symptoms worsen, seek advice from Telehealth or your health care provider.

*Highest risk settings include hospitals, Long-Term Care, retirement homes, health care workers providing care to immunocompromised, congregate living settings.

Note: In the context of Omicron, individuals who are previously positive in the last 90 days and not fully vaccinated are **not** considered equivalent to fully vaccinated.

Community Living Toronto COVID-19 Testing and Clearance

You are a Close Contact* of someone who has tested positive for COVID-19 on PCR, Rapid Molecular or Rapid Antigen Test and you live, work or volunteer in highest risk settings** : Now What?



***Close Contact** is considered if you were less than two metres away, from the person who tests positive for COVID-19, for a least 15 minutes, or multiple shorter lengths of time, without personal protective equipment in the 48hrs before symptoms began or a positive test result, whichever came first.

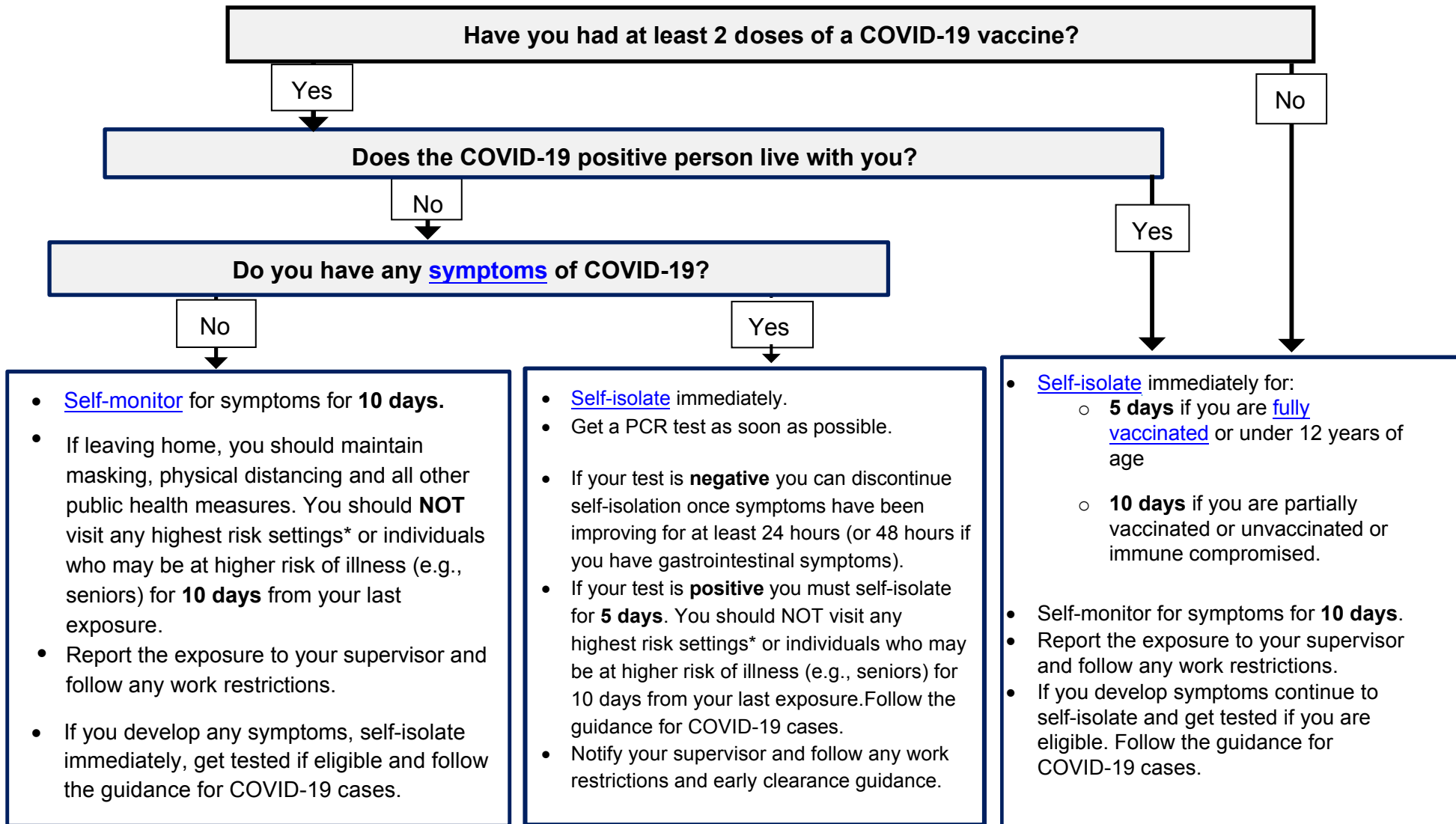
** **Highest risk settings** include paramedics, hospitals, Long-Term Care, retirement homes, health care workers providing care to immune compromised, congregate living settings.

*** After **5 days** of self-isolation, do NOT attend work until **10 days** from your last exposure. Report your exposure to your supervisor and follow any recommended work restrictions.

Note: In the context of Omicron, individuals who are previously positive in the last 90 days and not fully vaccinated are **not** considered equivalent to fully vaccinated.

Community Living Toronto Testing and Clearance

You are a Close Contact* of someone who has tested positive for COVID-19 on PCR, Rapid Molecular or Rapid Antigen Test and you don't live, work or volunteer in highest risk settings** : Now What?



*Close Contact is considered if you were less than two metres away, from the person who tests positive for COVID-19, for a least 15 minutes, or multiple shorter lengths of time, without personal protective equipment in the 48hrs before symptoms began or a positive test result, whichever came first.

**Highest risk settings include hospitals, Long-Term Care, retirement homes, health care workers providing care to immunocompromised, congregate living settings.

Note: In the context of Omicron, individuals who are previously positive in the last 90 days and not fully vaccinated are **not** considered equivalent to fully vaccinated.