



Follow-up Instructions for Child Care Children and School Students Tested for COVID-19

Revised
December 10, 2020

Self-isolation is mandatory while awaiting test results if a person is symptomatic or has been directed by Public Health to self-isolate. **Failure to comply can result in being charged and fined up to \$5000 per day**, pursuant to KFL&A's Class Order under Section 22 of the Ontario Health Protection and Promotion Act.

While waiting for test result

- Your child/student must stay home and self-isolate. Do not go to school or child care.
- If your child/student has a primary COVID-19 symptom (fever, cough, shortness of breath or loss of taste or smell) it is recommended that household members self-isolate until a negative test result is received.
- If your child/student has only 1 or 2 secondary symptoms (i.e., sore throat, nasal congestion/runny nose, headache, nausea, vomiting, diarrhea, fatigue or muscle aches) household members are not required to isolate while waiting for test results.
- If your child/student has more than 2 secondary symptoms, it is recommended that household members isolate until a negative test result is received.
- However, if your child/student is a close contact of someone who has COVID-19 and has developed symptoms, household members **MUST** isolate while waiting for the test result. If your child/student does not have symptoms, household members can go to school or work while waiting for test results.
- Check results online at covid-19.ontario.ca by clicking on "Check your results". Your result should be available in 1 to 5 days.

If my child/student has tested NEGATIVE:	
What should my child/student do?	What should household members do?
<p>My child/student has NOT been exposed to someone with COVID-19, and has NOT travelled outside of Canada in the last 14 days:</p> <ul style="list-style-type: none"> • Your child/student may go back to school/work once they do not have a fever (without using medication) AND it has been 24 hours since their symptoms started to improve (48 hours since last episode of vomiting or diarrhea, if their symptoms were primarily vomiting or diarrhea). <p><small>*Note: Young children may have ongoing mild symptoms, such as a runny nose. If the symptoms are not new or not worse, they may go back to school if they do NOT have other symptoms.</small></p>	<ul style="list-style-type: none"> • If your child tested negative, household members without symptoms aren't required to isolate. They may continue to attend school/work. • Continue to monitor symptoms and complete COVID-19 daily screening • If household members develop symptoms, they should self-isolate and get tested.
<p>My child/student has been identified as a close contact of someone with COVID-19:</p> <ul style="list-style-type: none"> • Your child/student must self-isolate for 14 days from the last day they were exposed to the person with COVID-19, even if their test result is negative. • KFL&A Public Health will contact you and guide you through the 14-day isolation period. 	
<p>My child/student returned from travel outside of Canada in the last 14 days:</p> <ul style="list-style-type: none"> • Your child/student must self-isolate for 14 days from their date of return to Canada, even if their test result is negative. • After 14 days, they may go back to school or child care if they pass the daily school screening checklist 	

If my child/student has tested POSITIVE:	
What should my child/student do?	What should household members do?
<ul style="list-style-type: none"> • Your child/student must self-isolate for 10 days after their symptoms started. • If they have not had symptoms, they must self-isolate for 10 days from the date they were tested. • KFL&A Public Health will contact you with further instructions. • Inform your school that your child/student has tested positive for COVID-19. 	<ul style="list-style-type: none"> • Household members must self-isolate for 14 days from the last day they were in contact with the person who tested positive. • Household members who cannot properly isolate from the person who tested positive will have a longer isolation period as directed by KFL&A Public Health. • If household members develop symptoms, they should get tested.

All individuals should continue to physically distance from others, wear a mask when physical distancing is not possible, wash hands often, continue to self-monitor, and get tested (re-tested) for COVID-19 if symptoms develop.

Next Steps

How to get your COVID-19 test results

- Your test result should be available in 1 to 5 days.
- Visit covid-19.ontario.ca and click on “check your lab results”.
- If are unable to access your results online contact your family doctor to determine if they received a copy of your result. If unsuccessful, contact L&A Covid Assesment Center at 613-354-8254, have your health card and personal information available. Our staff will provide you with your results exactly as reported from the testing lab over the phone and/or make available to you a printed copy to pick up from the Lennox and Addington County General Hospital main entrance at 8 Richmond Park Drive in Napanee.
- KFL&A Public Health will only receive your result if it is positive.

If your test result is positive

KFL&A Public Health will call you to initiate contact tracing and will be in touch daily during your isolation period. The public health nurse will tell you when you can complete your self-isolation and will provide guidance on isolation requirements for individuals you have been in close contact with.

What does a negative COVID-19 test result mean?

- A negative COVID-19 test means you did not have detectable virus at the time your sample was collected. This does not necessarily mean you haven't been exposed to COVID-19 and will not get sick with COVID-19 after you had the test done. .
- This is not an antibody test to determine if you have had COVID-19 in the past.

More about COVID-19

- Some people can be infected and have no symptoms.
- Many people infected with COVID-19 will only experience mild symptoms. If you suffer from chronic diseases like diabetes, heart or lung disease, or if you are 70 years of age or older, you are at greater risk for more severe illness.
- If you test positive and are ill or have no symptoms, you are still considered infectious and can pass the virus on to others until you have been cleared by a public health nurse.
- It is important to monitor your symptoms. If your symptoms are worsening and you are concerned, contact Telehealth Ontario at 1-866-797-0000 or your health care provider.
- If you need urgent medical attention, for example If you have chest pain, shortness of breath, or have difficulty breathing, call 9-1-1 and tell them you have tested positive for COVID-19.

For more information:

KFL&A Public Health
613-549-1232
kflaph.ca/Coronavirus

**Lennox & Addington County
General Hospital (LACGH)**
<http://web.lacgh.napanee.on.ca/>

Ontario Ministry of Health
covid-19.ontario.ca

Public Health Ontario
publichealthontario.ca

**Public Health Agency
of Canada**
canada.ca

You **can book an appointment** for the Lennox & Addington COVID-19 Assessment Centre at LACGH Westdale Campus:

1. Online Booking:
<https://CovidScreen.lacgh.napanee.on.ca>

2. Booking by Phone:
Please call 613-354-8254

Hours:
Open 7 days a week,
8:00 a.m. to 4:00 p.m.