

COVID-19 GUIDANCE

Updated 8 September 2020

CONTACT SCENARIOS

SCENARIO

My family member has been sent home from work or school because someone there tested positive for COVID-19.

*Note: in this case, you are the contact of a contact and DO NOT need to quarantine.

ACTIONS

1. Public Health will determine if your family member is at high risk and therefore must stay at home and may require testing.
2. You should self monitor but you do not have to stay home from work while your family member waits for a test.
3. If you can work from home effectively you may speak to your supervisor about doing so.
4. If your family member tests **POSITIVE**, you now must begin a quarantine at home for at least 14 days. Public Health will direct if a longer period is necessary. If they test **NEGATIVE**, continue going to work.

SCENARIO

My family member has symptoms of COVID-19.

*Note: in this case, you are a high risk contact of an infected person and DO need to quarantine.

ACTIONS

1. You must stay home and quarantine.
2. Your family member may receive a test if recommended by Public Health.

Test **NEGATIVE**: You may return to work, even if your family member is symptomatic.

Test **POSITIVE**: You must quarantine at home. This may be up to 28 days—Public Health will advise you on the duration.
3. If your family member is a child, they may be allowed to go back to school 24 hours after their symptoms resolve, provided their test is negative.

SCENARIO

My Government of Canada COVID-19 App indicates I may have had contact with a positive person.

ACTIONS

1. You must stay home and quarantine until you contact Public Health.
2. Public Health will give you direction based on a risk assessment. This might include testing, quarantine or self-monitoring for symptoms for 14 days.

PERSONAL SCENARIOS

SCENARIO

I have symptoms of COVID-19 including new or worsening cough, shortness of breath, feeling feverish or chills, temperature >38C (100.3F), muscle aches, weakness, new loss of smell or taste, unusual headache, abdominal pain, diarrhea, vomiting.

ACTIONS

1. You must stay home and self-isolate. Attempt to isolate yourself from your family in a separate room and bathroom if possible. Do not share meals together.

Test **NEGATIVE**: Follow the advice of medical providers. Do not assume a negative test means you can return to work.

Test **POSITIVE**: You must isolate for 10 to 14 days from the start of your symptoms.
2. Contact your local CAF COVID Clinic (CAF members) or local Public Health (civilians) to arrange a test.
3. Your family must quarantine until the results of your test.

SCENARIO

I was in quarantine because of a positive family member but then developed symptoms of COVID-19 or had a positive test partway through the period.

ACTIONS

1. You must continue to quarantine and can only leave your home to seek medical care or get a test.
2. You should get tested for COVID-19.

Test **NEGATIVE**: You are still a high-risk contact of your family member and must continue to quarantine for the original period. Public Health may advise a second test if you still have symptoms.

Test **POSITIVE**: You will now need to start an isolation period and remain apart from others for a further 10 to 14 days after your symptoms started or the date your test was taken.

Remember: you are in **QUARANTINE** when you are healthy but have a positive contact, and in **ISOLATION** when you are sick or have a positive test!

SCENARIO

I have no symptoms of COVID-19 but received a positive result after a screening test.

ACTIONS

1. You must stay home and self-isolate for 10 to 14 days from the date the swab was taken.
2. Your family must also quarantine. Public Health will inform them how long.

COVID-19 CONTACT FAQs AND INFORMATION

Updated 8 September 2020

FAQs

Can I go to work if I am told to self-monitor because of a possible contact?

A: Yes, you can go to work. If you can effectively work from home, you should speak to your supervisor to see if this is a good option for you.

If my family member is positive, how long do I need to isolate for?

A: Your family member will be considered to be infectious for 10 to 14 days after they developed symptoms or had a positive test. If you live in the same home, you are considered a high risk contact. High risk contacts are supposed to self-isolate for 14 days after their last contact with the infected person. This means Public Health could advise you to self-isolate for up to 28 days.

Why do some positive people have to isolate for 10 days and others for 14 days?

A: The Public Health Agency of Canada states infected people must isolate for at least 10 days from the onset of symptoms but up to 14 days depending on the Provincial Health Agency. For example, Ontario Public Health mandates 14 days of isolation while the Province of Quebec only requires 10 days. Your isolation time will depend on the province in which you reside.

If I have to quarantine because my family member is positive, is there any way to reduce the quarantine period?

A: The quarantine period is based on when your last high risk contact with your family member occurred and will be for at least 14 days. If they are able to keep apart from the rest of the household, Public Health might advise that you do not have to quarantine longer than this.

If I have to quarantine due to travel with the military, does my family have to do the same?

A: Currently, there is no recommendation from the Public health Agency of Canada that your family has to quarantine.

If I am quarantining due to military travel, should I take special precautions to avoid my family in the home?

A: Generally, the risk of passing COVID-19 on to your family is very low if you have no known contact with confirmed cases. You should consider the following measures to protect your family: Try to avoid physical contact with your family and maintain 2m physical distance if possible. You should also sleep in a separate room and use a separate bathroom if possible. This will help reduce the need for them to quarantine in case you do turn out to have COVID-19 after travel.

If I was within 2m of a person at work who later becomes positive for COVID-19 but we were both wearing Non Medical Masks (NMMs), am I considered a high risk contact?

A: Non Medical Masks prevent the spread of COVID-19 but do not sufficiently protect you in the event of a contact with a known positive case. Discuss your situation with Public Health who will advise you whether the contact was high risk and what steps to take next.

TERMINOLOGY

Contact: Someone who had contact with a confirmed COVID-19 case from 48h before the onset of symptoms or date a positive swab was taken.

Close contact: Terminology sometimes used to describe a High Risk contact per below.

Levels of contact risk

| | |
|--------------|---|
| Low Risk: | Only transient interactions with possible infected (ie: walking by someone or briefly being in the same room). |
| Medium Risk: | Living with or having prolonged contact with an infected person but not within 2 m of the case from up to 48h prior to their symptom onset or positive test; OR Provided direct care for an infected person while wearing approved medical PPE |
| High Risk: | Within 2 m of an infected person for over 15 minutes up to 48h before they developed symptoms; OR Provided direct care for infected person without approved medical PPE. |

Self Monitoring: Monitoring your health for symptoms such as cough, fever or difficulty breathing.

Quarantine: A measure to prevent the spread of an infectious disease in which a healthy person who may have been in contact with an infected person is isolated during the incubation period of the disease. You must avoid contact with others and stay home except to seek medical care.

Isolation: A preventative measure against the spread of an infectious disease involving the separation of an infectious person from non-infected people during the communicable period of the disease.

Self-isolation: Isolating on your own in your home. You must stay home unless you need to seek medical care.

IMPORTANT INFORMATION

HOW TO GET TESTED FOR COVID-19

CAF Members: Call the CF H Svcs (O) COVID Line to arrange for a test at the CF H Svcs C(O) Clinic below.

DND Employees: Check the Ottawa and Gatineau sites below for up to date information and proceed to one of the listed testing sites.

***Note: If you are feeling severely unwell proceed to an Emergency Department or call 911**

IMPORTANT CONTACTS

COVID Self Assessment <https://covid-19.ontario.ca/self-assessment/>

CF H Svcs C (O) COVID-19 Line: (343) 548 2773; 0800—1600 7 days a week (CAF members should use this)

CF H Svcs (O) COVID-19 Clinic: 1745 Alta Vista Drive; 0830-1300 M-F (CAF members)

Ottawa Public Health <https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx>

COVID Assessment Centre 151 Brewer Way; 0900—1530, 7 days per week

COVID Care Clinics 595 Moodie Drive; 1485 Heron Rd. 0900—1530 M-F

COVID Drive Thru 300 Coventry Rd, 1130-1830 7 days with appointment

Gatineau COVID Testing sites <https://cisss-outaouais.gouv.qc.ca/covid-19/>