

What to do if you Test Positive for COVID-19

With the number of current COVID-19 cases, heightened by the Omicron variant, Public Health does not have the resources to continue contact tracing. The following steps will help ensure your safety and that of your co-workers and other close contacts if you test positive for COVID-19 and have been in contact with others at the workplace. We all have a responsibility to try to limit the spread of COVID-19 and relieve the burden it places on our hospitals and health care professionals.

1. You must notify your employer immediately if you have tested positive for COVID-19 AND have been in contact with others at your workplace. You must report a positive result of a rapid POCT or PCR test to Public Health.
2. Notify all those you have come into ***close contact** with at the workplace of the potential exposure. Your employer may also reach out to staff and share this infosheet with your colleagues.
3. **Self-isolate**
If you are vaccinated, you must isolate for five days, and for an additional five days you must mask constantly, adhere to strict physical distancing, and avoid gatherings as well as vulnerable settings.

If you are unvaccinated, you must self-isolate for 10 days.

Your isolation period starts the day you receive your positive test result. You may stop isolating when you meet **all three** of these criteria:

- You have completed your isolation period; AND
- You have been fever-free for at least 24 hours without using fever-reducing medications; AND
- Your symptoms are improving.

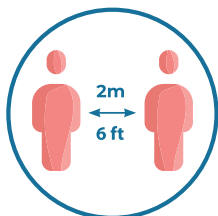
4. Continue to follow these simple but important Public Health measures:



WEAR MULTI-LAYER
WELL-FITTING MASKS



WASH HANDS
REGULARLY



MAINTAIN A
TWO-METRE DISTANCE
(WHERE POSSIBLE)



WORK FROM HOME
(WHERE POSSIBLE)

**IF YOU ARE NOT
VACCINATED,
CONSIDER DOING SO.**

**Vaccinations are our best
defence against COVID-19.
If vaccinated, get your
booster as soon
as eligible.**



*Close contacts are the people who were within two metres of you for at least 15 minutes without masking or barriers in place during the 48 hours before you developed symptoms OR 48 hours before you tested positive (whichever came first)