

## COVID-19 TESTING AND ISOLATION GUIDELINES (updated September 19, 2022)

**\*\*Individuals who had COVID-19 in the last 2 months are considered protected for 60 days:**

- Testing and self-isolation are not required.
- However, protected individuals who show symptoms must wear a mask in social interactions, including at work, at school and on school transportation, for the next 10 days.
- Protected individuals showing severe symptoms of infection (example: fever, diarrhea, etc.) should stay home until their condition improves.

### 1- INDIVIDUALS WHO DEVELOP SYMPTOMS OF COVID-19 (See [COVID-19 SYMPTOMS](#)) must:

- Undergo a **rapid test** immediately\*.
- If the first rapid test is **negative**, they may resume normal activities at work/school (unless symptoms such as fever, which require isolation, are present) while taking [steps to limit the spread of COVID-19](#). It is strongly recommended to wear a mask if presenting symptoms of infection (ex.: coughing, sneezing, sore throat)
- Take a second rapid test within 24 to 36h.

**\*A PCR-lab test done 24 hours after the onset of symptoms is strongly recommended for staff members.**

### 2- Instructions for COVID-19 cases (positive rapid test or PCR) OR SYMPTOMATIC people (without access to a test)

See: [WHEN TO SELF-ISOLATE?](#) and [COVID-19 SELF-ASSESSMENT TOOL](#)

#### UNVACCINATED individual (0 dose of vaccine)

- **Strict self-isolation for 5 days** from the date of onset of symptoms.

*Conditions to lift isolation after 5 days:*

- Symptoms improved AND no fever for 24 h (without medication) **AND**
- **Negative result** to a RAPID test done **on or after day 5** (if test available)

*Otherwise, the isolation period is extended to a maximum of 10 days.*

- For the following 5 days: avoid participating in non-essential social events, avoid vulnerable people, maintain a distance of 2 metres (whenever possible) and wear a mask at all times (except for children in preschool and youth with special needs who cannot wear a mask).

#### Individual who has received AT LEAST ONE DOSE OF VACCINE

- **Strict self-isolation for 5 days** from the date of onset of symptoms. Return to work/school is allowed when the following conditions are met:
  - Symptoms have improved AND no fever for 24h (without medication)
- For the following 5 days: avoid participating in non-essential social events, avoid vulnerable people, maintain a distance of 2 metres (whenever possible) and wear a mask at all times (except for children in preschool and youth with special needs who cannot wear a mask).

### 3- Individuals who live with the positive case

Unvaccinated contacts who never had COVID	Vaccinated contacts (1 dose or more) OR who had COVID before (at any time)
<ul style="list-style-type: none"> <li>○ <b>Self-isolation for 5 days minimum</b> from the date of onset of symptoms of the <b>FIRST positive case</b> in the household.</li> <li>○ <u>For the following 5 days</u>: monitor symptoms, maintain a distance of 2 metres (whenever possible) and wear a mask at all times (except for children in preschool and youth with special needs who cannot wear a mask).</li> </ul>	<ul style="list-style-type: none"> <li>○ <b>No self-isolation.</b></li> <li>○ <u>During the 10 days following the date of onset of symptoms of the FIRST positive case in the household</u>: monitor symptoms, maintain a distance of 2 metres (whenever possible) and wear a mask at all times (except for children in preschool and youth with special needs who cannot wear a mask).</li> </ul>
<ul style="list-style-type: none"> <li>○ If the household contact develops <b>symptoms</b> during this period, they <b>must follow the instructions for symptomatic individuals. See section 1 above.</b></li> </ul>	