



COVID-19 Support Guide for Patients Who Are Not Eligible for a PCR Test

Updated as of Jan 31, 2022, only those eligible for a PCR test are permitted to book an appointment at a COVID Testing Centre. All other individuals who have symptoms of COVID-19 must take action to isolate and contact cases they have interacted with per the information below.

WHO IS ELIGIBLE FOR A PCR COVID TEST?

- Symptomatic, Patient-facing healthcare workers
- Symptomatic, Staff, volunteers, residents/inpatients, essential care providers, and visitors in *high-risk settings**
 - (**High-risk setting defined as: hospitals, paramedic services, congregate living settings including Long-Term Care, retirement homes, First Nation elder care lodges, group homes, shelters, hospices, temporary foreign worker settings, and correctional institutions*)
- Symptomatic household members of workers in highest-risk settings*
- Symptomatic Temporary Foreign Workers in congregate living settings
- Symptomatic patients seeking emergency medical care, only at the discretion of the treating clinician
- Symptomatic outpatients for whom COVID-19 treatment is being considered
- Symptomatic patients whom have been directed and confirmed by their Primary Care Provider
- Symptomatic Pregnant individuals
- Symptomatic people who are underhoused or homeless
- Symptomatic First Responders, including Police, Fire, Paramedics
- Symptomatic or Asymptomatic people who are from First Nation, Inuit, and Métis communities and individuals travelling into these communities for work
- Symptomatic / Asymptomatic people on admission/transfer to or from hospital or congregate living settings
- Those directed to obtain a test as confirmed by the Public Health Unit

WHAT ARE THE UPDATED SYMPTOMS OF COVID-19?

One of the following symptoms is indicative of COVID-19:

- Do you have a Fever (37.8) and / or Chills?
- Do you have a Cough?
- Do you have any Shortness of Breath?
- Are you experiencing a decrease in loss of taste or smell

Two or more of the following symptoms is indicative of COVID-19

- Runny nose / nasal congestion
- Headache
- Extreme fatigue
- Sore throat or Difficulty Swallowing
- Muscle aches / joint pain
- Nausea, Vomiting or Diarrhea

WHAT DO I DO IF I HAVE THE SYMPTOMS OF COVID-19?

- If you are experiencing symptoms of COVID-19 and not eligible for a test, you are advised to self-isolate as soon as possible. See chart attached.

WHAT DO I DO IF MY SYMPTOMS WORSEN?

Call 9-1-1 or visit an emergency room if:	Call Your Primary Care Provider if:
<ul style="list-style-type: none"> • You have severe trouble breathing or severe chest pain • You are very confused or not thinking clearly • You pass out or lose consciousness • If you have a pulse oximeter and it is reading less than 90% 	<ul style="list-style-type: none"> • You have new or worsening trouble with breathing • Your symptoms are getting worse • You started to get better, but now getting worse • You have severe dehydration such as: <ul style="list-style-type: none"> ◦ Very dry mouth ◦ Peeing less ◦ Feeling light headed

OTHER IMPORTANT INFORMATION:

Similar to influenza, COVID-19 can have a longer recovery than a typical virus. Most common symptoms are cough, fever and fatigue. Additional symptoms can include trouble breathing, muscle aches, sore throat, headache, loss of sense of taste and smell etc.

While recuperating at home, it is recommended that you:

- Keep in contact with your Primary Care Provider as needed
- Rest
- Change resting positions → [Instructions](#)
- Hydrate
- Follow all guidance from Public Health regarding isolation and notification requirements → [Reference](#)

Chart: Determine what to do when you have symptoms of COVID-19

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

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting*

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
- Extreme fatigue
- Muscle aches/joint pain
- Headache
- Runny nose/nasal congestion
- 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.

- It is highly likely that you have a COVID-19 infection.
- You must [self-isolate](#) immediately:
 - For at least **5 days** (if fully vaccinated or under 12 years old) or **10 days** (if not fully vaccinated or immunocompromised) from your symptom onset and until you have no fever and your symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms), whichever is longer in duration
- 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. If you are in the eligible individual list, 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.

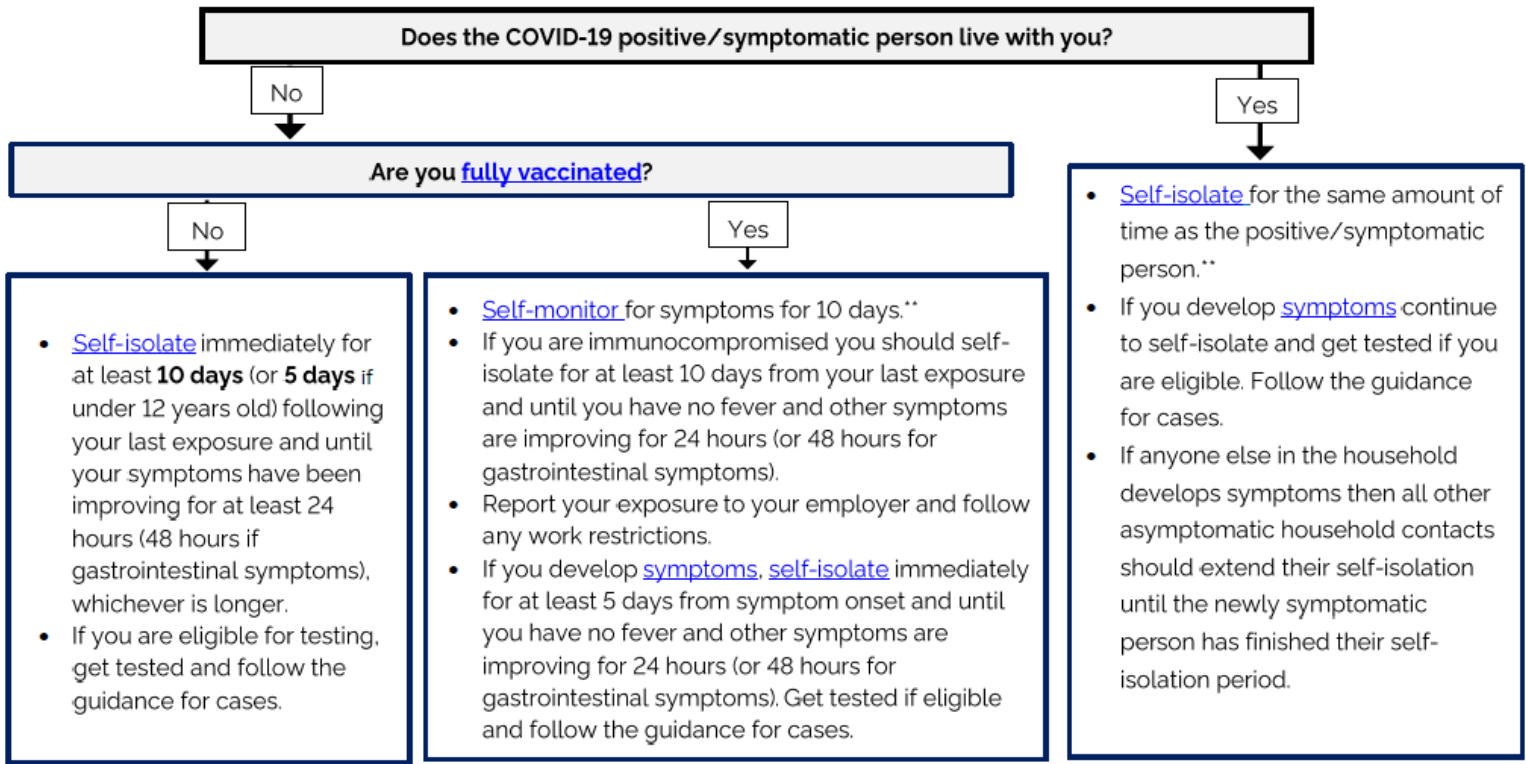
*Highest risk settings include hospitals (including complex continuing care facilities and paramedic services) and congregate living settings, including Long-Term Care, retirement homes, First Nation elder care lodges, group homes, shelters, hospices and correctional institutions.

Note: Symptoms should not be related to any other known causes or conditions. See the [COVID-19 Reference Document for Symptoms](#) for more information

Chart: Determine Isolation Needs If You've Been Exposed

You've been identified as a close contact of someone who has tested positive for COVID-19 or someone with COVID-19 symptoms. Now what?

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting (hospitals, Long-Term Care, retirement homes, congregate living settings)



Wear a well-fitted mask in public, physical distance and maintain other public health measures for 10 days following your last exposure if leaving home. You should **NOT visit any highest risk settings* or individuals who may be at higher risk of illness (i.e. seniors or immunocompromised) for 10 days from your last exposure.

OTHER HELPFUL RESOURCE LINKS:

- OSMH.ca/COVID: <https://www.osmh.on.ca/covid-19/>
- Good Doctors, Orillia ON – gooddoctors.ca | 705.242.5406
- SMDHU COVID website: <https://www.simcoemuskokahealth.org/Topics/COVID-19>
- 211 – Support for Patients During COVID-19: <https://www.211oncovid19.ca/> or can call or text 2-1-1
- Covid-19 Recovery Benefit for income support information: <https://www.canada.ca/en/services/benefits/covid19-emergency-benefits.html> Resource
- Guide for Ontarians Experiencing Mental Health and Addictions Issues During the Pandemic: https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/resources_ontarians_experiencing_mha.pdf