



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

**Updated as of Sept 6, 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, aged 70 years and older
- Symptomatic, aged 60 years and older who have less than three doses of Covid-19 vaccine
- Symptomatic, aged 18 years and older who have less than three doses of Covid-19 vaccine and have a certain risk conditions
- Symptomatic, Patient-facing healthcare workers & their household members
- Symptomatic, Staff, volunteers, residents/inpatients, essential care providers, and visitors in *high-risk settings*\* & their household members, home and community care workers
  - (*\*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 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 outpatients who are immunocompromised
- Symptomatic patients whom have been directed and confirmed by their Primary Care Provider
- Symptomatic Pregnant individuals
- Symptomatic people who are underhoused or experiencing homelessness
- 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
- Muscle aches / joint pain
- Gastrointestinal (i.e. 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. [How to self isolate](#)

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

## 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](#)

## WHAT TO DO IF YOU HAVE ANY SYMPTOMS OR HAVE BEEN EXPOSED

### **I am sick (I have a symptom of COVID-19, cold or flu)**

If you have any [symptoms](#) of COVID-19 (even just one), staying home will help stop the spread. Symptoms of COVID-19 and its variants range from mild to severe and are similar to the common cold and seasonal flu.

**Stay home if you are sick. Follow this advice whether you have tested for COVID or not.** As there is no longer a five day isolation requirement 'stay home if you are sick' means:

- Stay home until you have no fever and your symptoms are improving for at least 24 hours (or 48 hours if you have gastro-intestinal symptoms).
- Individuals who are immunocompromised or live in a highest risk setting who have any COVID-19 symptoms or a positive test should still isolate for 10 days from their symptom onset or positive test result, whichever came first, and until they no longer have a fever and their symptoms are improving for at least 24 hours, or 48 hours if they have gastrointestinal symptoms.
- Make sure you know if you are eligible for [COVID treatments](#) and how to get [tested](#) and access treatment if you are eligible

### **After isolating**

- Wear a well-fitted mask when out in public for 10 days from when your symptoms started.
- Avoid non-essential visits to vulnerable individuals at risk of severe infection and highest risk settings (e.g., hospitals, long-term care) for 10 days from when your symptoms started.

### **I tested positive for COVID-19 but have no symptoms**

- You are no longer required to isolate if you don't have or develop any symptoms.
- Wear a mask when out in public for 10 days from when you tested positive.
- Avoid non-essential visits to vulnerable individuals at risk of severe infection and highest risk settings (e.g., hospitals, long-term care) for 10 days from your positive test result.
- If at any time you develop symptoms stay home and follow the directions above.

### **I was exposed to someone who has symptoms of COVID-19**

- You are no longer required to isolate regardless of your vaccination status.
- Wear a mask when out in public for 10 days from when you were exposed.
- Avoid non-essential visits to vulnerable individuals at risk of severe infection and highest risk settings (e.g., hospitals, long-term care) for 10 days from when you were exposed.
- If at any time you develop symptoms stay home and follow the directions above.

## OTHER HELPFUL RESOURCE LINKS:

- OSMH.ca/COVID: <https://www.osmh.on.ca/covid-19/>
- Good Doctors, Orillia ON – [gooddoctors.ca](http://gooddoctors.ca) | 705.242.5406
- SMDHU COVID website: <https://www.simcoemuskokahealth.org/Topics/COVID-19>
- 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/2019\\_MHAS\\_Community\\_guidance.pdf](https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_MHAS_Community_guidance.pdf)