

# Updated Eligibility for PCR Testing and Case and Contact Management Guidance in Ontario

Effective December 31, 2021 -Response to Omicron Variant



## Key Changes to Ontario's COVID-19 testing and Isolation Guidelines:

- ✓ **Symptomatic testing will be available for high-risk individuals, and individuals who work in high-risk settings.**
- ✓ Individuals with symptoms consistent with COVID-19 are presumed **positive and they should follow isolation and or/self-monitoring guidelines.**
- ✓ **Testing for asymptomatic contacts of cases is generally no longer recommended - unless directed by public health.**
- ✓ **Positive rapid antigen tests will no longer require PCR confirmation.**
- ✓ Individuals who test positive for COVID-19 should isolate for **five days if they are fully vaccinated or under the age of 12 AND until their symptoms are improving for at least 24 hours (48 hours if gastrointestinal symptoms).**
- ✓ Individuals with COVID-19 should isolate for **10 days if they are not fully vaccinated or immunocompromised, from the onset of symptoms or from the date of the positive test.**
- ✓ All household members (regardless of their vaccination status) will need to self-isolate while the case is self-isolating.
- ✓ Notify your close contacts if you tested positive for COVID-19. When notifying your close contacts, provide them with the link to [Ontario.ca/exposed](https://ontario.ca/exposed).
- ✓ **If you've been exposed to someone who tested positive for COVID-19:**
  - **Fully vaccinated, no symptoms and don't live with a positive case: Self-monitor for 10 days**
  - **Not fully vaccinated or are immunocompromised: Must isolate immediately for 10 days following your last contact. If you live with the positive case, you must isolate for the length of their isolation period.**
  - **Eligible individuals are encouraged to get tested.**

## Eligible Groups for PCR Testing

- Symptomatic people who fall into one of the following groups: Hospitalized patients, patients in Emergency Departments, Patient-facing health care workers, Staff, residents, essential care providers and visitors in hospitals and 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), Outpatients for whom COVID-19 treatment is being considered, and Underhoused or homeless.
- People who are from First Nation, Inuit and Métis communities and individuals travelling into these communities for work.
- Symptomatic elementary and secondary students and education staff who have received a PCR self-collection kit through their school.
- People on admission/transfer to or from hospital or congregate living setting.
- High-risk contacts and asymptomatic/symptomatic people in the context of confirmed or suspected outbreaks in high-risk settings as directed by the local public health unit.
- Individuals and one accompanying caregiver, with written approval for out-of-county medical services
- Asymptomatic testing in hospital, long-term care, retirement homes and other congregate living settings



Renfrew County and District Health Unit

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