

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

Response to Omicron Variant

New!



## 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.
- ✓ 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.
- ✓ Household members of individuals with COVID-19 **must** self-isolate if:
  - You are 18+ **AND** have 2 doses of a COVID-19 vaccine (no booster dose); or
  - You are between 5-17 **AND** are not fully-vaccinated against COVID-19 (2 doses); or
  - It has been greater than 90 days since you previously tested positive for COVID-19
- ✓ 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
  - Eligible individuals are encouraged to get tested.

## Eligible Groups for PCR Testing

If you have at least one COVID-19 symptom and you are:

70 years or older; 60 years or older and have less than three doses of the COVID-19 vaccine; immunocompromised; 18 years or older and have less than three doses and have risk conditions (obesity (BMI  $\geq$  30kg/m<sup>2</sup>), diabetes, heart disease, hypertension, congestive heart failure, chronic respiratory disease, including cystic fibrosis, cerebral palsy, intellectual disability, sickle cell disease, moderate or severe kidney disease (eGFR <60mL/min), moderate or severe liver disease (e.g., Child Pugh Class B or C cirrhosis)); Pregnant; A patient-facing healthcare worker; A staff, volunteers, residents/inpatients, essential care providers and visitors in highest risk settings (hospitals, congregate living settings with medically and socially vulnerable individuals); A household members of staff in highest risk settings and patient-facing health care workers; home and community care workers; Staff or student in Provincial and Demonstration Schools; Elementary and secondary students who have received a PCR self-collection kit; International Agriculture Workers in congregate living settings; A patient seeking emergency medical care, people who are underhoused or experiencing homelessness; A first responders, including fire, police and paramedics.

If you do not have symptoms, you are eligible if you:

are from a First Nation, Inuit, or Métis community or are travelling into these communities for work; Are being admitted or transferred to or from a hospital or congregate living setting; Are included in the context of confirmed or suspected outbreaks in highest risk settings as directed by the local public health unit; Have written prior approval for out-of-country medical services from the General Manager of OHIP or are a caregiver for someone who does; Are a patient with a scheduled surgical procedure requiring general anaesthetic 24-48 hours prior to procedure; Newborns born to people with confirmed COVID-19 at the time of birth within 24 hours of delivery; People 24-48 hours prior to treatment for cancer or prior to hemodialysis, at the discretion of the treating clinician.



Renfrew County and District Health Unit

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