

Novel coronavirus (COVID-19)

Management of positive individuals in your practice

Guidance for primary care providers notifying individuals who are not hospitalized of positive COVID-19 results.

This guide should not replace primary care provider's clinical judgment.

1

Instruct individual to self-isolate

- For most people, this will be a minimum of 14 days following symptom onset, provided they are afebrile and clinically improved at the end of the 14-day period.
- Refer individual to Public Health Ontario's [self-isolation guide](#) and review with them, as appropriate.
- The Leeds, Grenville & Lanark District Health Unit will contact the individual regularly to advise on when they can complete their self-isolation.



2

Self-care while isolating

- Supportive treatment with over-the-counter antipyretics if deemed appropriate for the patient. Avoid initiating ibuprofen or other NSAIDs; if the individual has been taking an NSAID on a long-term basis, weigh the risks of discontinuing this medication with anecdotal reports of worsening COVID-19 symptoms (evidence is currently insufficient).
- Advise individual to keep a log of daily temperature checks, at least 4 hours after the latest dose of antipyretic.
- Keep the area well ventilated, if possible open windows and avoid tobacco or other smoke.
- Stay connected with friends and family by phone or computer.



3

Isolation requirements for caregivers, household members and close contacts

- Public health will call close contacts and explain what is required and check in regularly.
- For details please refer to [Public Health Agency of Canada's Advice for Caregivers](#)



4

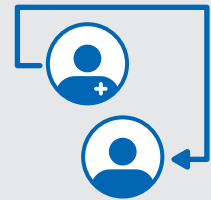
Contact tracing

- Confirm dates of period of communicability (48 hours before symptom onset until date of self-isolation).
- Ask the individual to create a list of places and people they have come into close contact during that time. In non-health care settings, this is considered to be **15 minutes, less than two metres apart**.
- If the individual is comfortable, they can notify their own contacts if public health has not yet been in contact.
- They should instruct their close contacts to self-isolate for **14 days after their last exposure to the individual** and to get tested if symptomatic.
- Any contacts who are health care providers or work in health care institutions should get direction from their occupational health department.
- Low risk or casual interactions require no follow-up. Examples include walking by or briefly being in the same room.

**5**

Individual follow up

- Please remind individuals that they should monitor their symptoms of COVID-19. Talk to them about when to seek medical attention or call 911. For example: "If you feel chest pain, short of breath, or have difficulty breathing, call 911 and tell them you have tested positive for COVID-19."
- Most individuals with mild to moderate illness (i.e. never hospitalized), including health care workers and residents of congregate settings, can discontinue isolation at 14 days after symptom onset, provided they are afebrile and symptoms are improving. Absence of cough is not required for those with a chronic cough or a post-viral cough. Individuals with severe illness requiring hospitalization may need clearance swabs if they remain in congregate living settings.



For more information call **1-800-660-5853** or visit www.healthunit.org

Adapted from Peel Public Health