

**Elgin St. Thomas Site**

Administrative Office  
1230 Talbot Street  
St. Thomas, ON  
N5P 1G9

**Woodstock Site**

410 Buller Street  
Woodstock, ON  
N4S 4N2



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**From the Office of Dr. Joyce Lock, Medical Officer of Health, Southwestern Public Health**

## **Update: COVID-19 Case and Contact Guidance**

The Ministry of Health has updated its Case and Contact Management Guidance Key updates are highlighted below.

**General Guidance:**

1. **Isolation requirements for high-risk contacts of a positive case of COVID-19 who are NOT fully vaccinated has changed from 14 days to 10 days from last exposure.**
2. **Individuals who report symptoms with no known COVID-19 exposure AND test negative are recommended to continue isolating until there has been** resolution of fever (without the use of fever-reducing medications) and improvement in respiratory & other symptoms. If they are experiencing gastrointestinal (GI) symptoms (nausea/vomiting, diarrhea, stomach pain), symptoms need to be resolving for at least 48 hours.

See Page 6 & 7 of [COVID-19 Quick Reference Public Health Guidance on Testing and Clearance](#).

3. **Fully Vaccinated individuals that test positive for SARS-CoV-2 and report having no symptoms may be requested to have a repeat test at the discretion of Southwestern Public Health .**
  - See Page 6 of [Fully Immunized and Previously Positive Individuals: Case, Contact and Outbreak Management Interim Guidance](#).

**High-Risk Contacts of COVID-19 Case**

1. **Fully Immunized or previously positive cases of COVID-19 (within the last 90 days) may not be required to self-isolate if exposed to a positive case of COVID-19.**
  - If an individual is asymptomatic and is at least 14 days from having received their 2<sup>nd</sup> dose of a 2-dose series of COVID-19 vaccine **OR** has been COVID-19 positive in the last 90 days, the health unit will review their vaccination status/ case records and may allow them to self-monitor for 10 days from their last known exposure to positive case.
2. **ALL individuals identified as having a high-risk exposure to COVID-19 are recommended to attend a**

**local assessment centre for asymptomatic testing regardless of vaccination status.**

- Fully Vaccinated or previously positive cases of COVID-19 asymptomatic high risk contacts are recommended to be tested immediately and on or after day 7 (if their initial test was negative and collected day 0 to 6 from exposure date).
- Asymptomatic high risk contacts that are isolating due to high risk exposure (as identified by public health) are recommended for testing based on their exposure type; Continuous or discrete.  
*Continuous Exposure;* including household or outbreak related. Are recommended to be tested immediately and on or after day 7 (if their initial test was negative and collected day 0 to 6 from exposure date).  
*Discrete Exposure;* one time exposure; Are recommended for testing on or after day 7 from last exposure date.
- For reference: Page 28 – [Management of Cases and Contacts of COVID-19 in Ontario](#)

**3. The fully immunized/previously positive guidance does not apply to those with immunocompromising conditions or who are residents of Long-Term Care or Retirement Homes.**

- Page 4 & 5 – [COVID-19 Fully Immunized & Previously positive individuals](#)

Thank you,

**Dr. Joyce Lock**  
**Medical Officer of Health**  
Southwestern Public Health  
1-800-922-0096  
[www.swpublichealth.ca](http://www.swpublichealth.ca)