

MANAGEMENT OF POSITIVE PATIENTS IN YOUR PRACTICE

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

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

1

Remind patient to stay in self-isolation

- For most people, this will be a minimum of 10 days following symptom onset, provided they are afebrile and clinically improved at the end of the 10-day period
- For those tested experiencing no symptoms, advise them to wait to be contacted by Public Health for further direction and self-monitor until then as they may be 'presymptomatic' at the time of their test and develop symptoms after
- Refer patient to [Public Health Ontario's self-isolation guide](#) and review with them, as appropriate
- Southwestern Public Health will contact the patient to collect more information (i.e. symptoms, onset dates, exposure risks etc.) and will advise on when they can complete self-isolation
- Refer to this [Quick Reference Public Health Guidance on Testing and Clearance](#)



2

Self-care while isolating

- Supportive treatment with over-the-counter antipyretics if deemed appropriate for the patient
- Advise patients 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
- [Managing COVID-19: Outpatient management and resolution](#)



3

Isolation requirements for caregivers, household members and close contacts

- Those who lived with or provided care for patients during their period of communicability, will need to **self-isolate for 14 days after last contact with the patient**



- For details please refer to [Public Health Ontario's self-isolation guide for caregivers](#)

4

Contact tracing

- Confirm dates of period of communicability (48 hours before symptom onset until date of self-isolation)
- Ask the patient 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. Anyone in the patient's home must also isolate.**
- If the patient 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 patient** and to get tested.
- 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

Patient follow up

- Please remind your patients 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 10 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
- Advise patients that you will notify Southwestern Public Health of the positive COVID-19 result. Tell patient that they will receive a call from Southwestern Public Health within the next 24 hours

