



Coronavirus Disease 2019 (COVID-19) University of Guelph Outbreak

Please Note: This is a temporary guide for University of Guelph Students intended for the current outbreak, directions and information may change given the evolving nature of the situation

You should self-isolate if:

- You attended the gathering on January 15/16
- You have been in close contact or are a housemate with a person who has COVID-19
- You have been identified by Public Health as a close contact
- You have symptoms of COVID-19

****All members of the community should be following the directions of the stay-at-home order and precautions to [prevent transmission of COVID-19](#) (wear a mask, physical distancing, handwashing etc.). Students living in residence who are isolating should inform their RA to arrange for supports including meal delivery.**

You were tested for COVID-19: What you should know

What to do while you are waiting for your test results:

Isolate yourself from others if you if you have COVID-19 symptoms or may have been exposed to COVID-19. Others in your household, or anyone with whom you have recently had close physical contact, should also isolate until your results are known. [Information on how to isolate](#)

What to do if:

Your test result is negative and you:

- **Attended the gathering on January 15th/16th - continue to self-isolate for 14 days.**
- **Are a contact or housemate of someone who tested positive for COVID-19;** continue to self-isolate for 14 days after your last contact.
- **Have not had a known exposure and are ill –** continue to self-isolate and contact Student Health Services for direction.
- **Have new or worsening symptoms;** self-isolate right away and contact Student Health Services to arrange for testing- you may require another test. After your test, you must continue to self-isolate and notify your RA if you have not already done so. This will ensure that supports are in place for you, including meal delivery.
- **Have traveled outside of Canada in the last 14 days:** self-isolate after your return, regardless of result. Self-isolation (quarantine) is required under the federal *Quarantine Act*.

If you begin to develop any [symptoms](#), or your current symptoms worsen please contact Student Health Services: 519-824-4120 (ext. 52131)

Your self-isolation may be discontinued only if you:

- Receive [negative](#) test results
- **AND** you are symptom-free
- **AND** you are not a close contact or house mate of a positive case or attended the above gatherings
- **You should continue to monitor for symptoms and may need to re-isolate if you have contact with another individual who tests positive**

If you are an employee, please contact Occupational Health and Wellness at ohw@uoguelph.ca. You must be cleared to be able to return to work.

Your test result is positive:

- Continue to self-isolate for 10 days and inform your RA and Health Services immediately: 519-824-4120 x 52131. You may need to stay in your temporary location for 14 days.

Public Health will be in contact with you to review your results and follow up with the following information:

- **Symptoms:** What symptoms have you experienced and what have been your symptoms over time
 - Examples of COVID-19 symptoms include fever (37.8 degrees C or greater), new or worsening cough, shortness of breath, sore throat, difficulty swallowing, change in taste or smell, nausea/vomiting/ diarrhea/ abdominal pain, runny nose or nasal congestion
- **Places:** Where have you been in the 14 days prior to when your symptoms started or, if you don't have symptoms, in the 14 days prior to the day you were tested? Make a list of places you have been and include the date, time and address.
 - Examples include: workplace, school/childcare/camp, places you may have stayed (rooming house, hotel etc.)
- **Contacts:** Within the 48 hours before you started feeling ill or, if you don't have symptoms, in the 48 hours before you were tested, make a list of the names, phone numbers, and dates and times of last contact with anyone who:
 - Lives in your home
 - Works in the same place
 - Has been less than 2 metres away for longer than a brief time (i.e., had a chat). Walking by someone is not considered a close contact.

By identifying where you have been and who you were physically close to, you can help to contain the spread of the virus in our community. This is called Contact Tracing. **If you test positive you are encouraged to inform those you were physically close to or share a home with so they can begin isolating immediately.**

Next Steps

- See your results online at: <https://covid19results.ehealthontario.ca:4443/agree>
- If your test is positive you can help to contain the spread of the virus by entering the names of anyone you have been in contact with and places you have visited. Look for the **CONTACT +** tab on the results webpage and follow the instructions.

If you have any questions or need additional information, contact [Public Health](#) or [Student Wellness Services](#)

When to seek medical care:

- If you start to feel worse, contact your health care provider, Student Health (x 52131) or Telehealth (1-866-797-0000)
- In a medical emergency, call 911 immediately.