



COVID-19 Rapid Antigen Testing Information for Families

January 2022

Students in Ontario have been provided with COVID-19 rapid antigen (RA) tests. These tests can be used when someone is unwell to show if their symptoms may be caused by COVID-19. Anyone with [symptoms of COVID-19](#) should self-isolate along with their household members and follow the guidance at [Ontario.ca/exposed](https://ontario.ca/exposed), whether they do a RA test or not.

How to perform a rapid antigen test

- Follow the step-by-step instructions provided with the test kit very carefully.
- Watch the [TBDHU Rapid Antigen Test video](#) that guides each step.

What to do if the test result is negative

- A negative result on one RA test does not rule out COVID-19 on its own. If a person has symptoms, another test should be done 24-48 hours later. If this result is also negative, it is less likely that the person's symptoms are caused by COVID-19.
- If a person has COVID-19 symptoms, they should isolate until the symptoms have improved for at least 24 hours (or 48 hours if the symptoms affect the digestive system). If they have had two negative RA tests, their household members do not need to isolate as long as they don't have symptoms themselves.
- If a child tests negative on two RA tests taken 24-48 hours apart AND they don't have a fever AND any other COVID-19 symptoms have improved for at least 24 hours (or 48 hours for digestive symptoms) they can go to school or child care.

What to do if the test result is positive

- When a person tests positive, the whole household must isolate for the same amount of time as the person who tested positive. This includes household members who are feeling well and who are fully vaccinated.
 - Individuals who are fully vaccinated and otherwise healthy, or are under 12 years old, must isolate for **five days** starting when the symptoms began or from the date of the test, whichever came first.
 - Those who are not fully vaccinated or are immunocompromised must isolate for **10 days**.
 - Visit [Ontario.ca/exposed](https://ontario.ca/exposed) for detailed isolation guidance.
- A positive result does not need to be confirmed by a PCR test. It also does not need to be reported to public health or the child's school or child care centre.
- Close contacts of the person that tested positive should be informed that they have been exposed. A close contact is anyone who was less than two metres away for at least 15 minutes, or multiple shorter lengths of time, without personal protective equipment in the 48 hours before symptoms began or the positive test result, whichever came first.
 - Schools and child care centres are not considered high-risk settings. Classmates who were following all safety measures such as keeping a physical distance and wearing a mask are generally not considered close contacts.
 - Children may have friends that they spend time with outside of school who may be considered close contacts. Close contacts in schools and child care should follow the school and child care guidance.
 - Give close contacts the link to: [Ontario.ca/exposed](https://ontario.ca/exposed).

- If a person has completed their isolation period but still feels unwell, they must continue to isolate until they do not have a fever and symptoms have improved for at least 24 hours (or 48 hours if they affected the digestive system). Everyone in the household must also continue to self-isolate for this period of time.
- Any COVID-19 vaccine appointments that are booked during a person's self-isolation period must be rescheduled.
- Once isolation is complete, a child does not need to take another RA test to show a negative result in order to return to school or child care.

What if a person tests positive, isolates, recovers and then a household member develops symptoms?

- If a person tests positive, isolates for the required time and then another household member develops symptoms shortly after, **the person who tested positive** does not need to isolate again. However, any household members who had previously isolated, but who had not tested positive themselves, would be required to isolate again for the same amount of time as the newly positive case.

For more information

- View TBDHU's [quick testing and isolation guidance videos](#) (in English and French) for information on scenarios such as:
 - What if a person tests positive, recovers, but then gets symptoms again?
 - What if a parent has symptoms, but their child doesn't - can they go to school?
- Visit [Ontario.ca/exposed](https://ontario.ca/exposed). An overview of self-isolation guidance is also provided in Ministry of Health flowcharts available at [TBDHU.com/covidexposure](https://tbdhu.com/covidexposure).