

NWT Office of the Chief Public Health Officer

**Interim OUTBREAK** Public Health Management of Covid-19 Exposures/Symptoms

For regular guidance outside an outbreak please refer to [non-outbreak algorithm](#)

**Exposure Criteria**

In the last 14 days a person is/has:

- A contact of a probable\* or confirmed\* case; **OR**
- Returned to the NWT from outside the territory; **OR**
- Exposure to travellers (household, work, etc.); **OR**
- Was involved in a COVID-19 cluster or outbreak; **OR**
- A laboratory exposure to biological material known to contain COVID-19

\*see reverse for confirmed, probable or suspect case definition, and management of contacts

**No Exposure**

- Fever  $\geq 38^{\circ}\text{C}$  **OR**
- Cough (new onset or worsening chronic cough) **OR**
- Dyspnea

- Fatigue
- Malaise
- Myalgia

- Sore throat
- Rhinorrhea/Sneezing
- Headache

- Diarrhea/Vomiting
- Anosmia/Dysgeusia
- Anorexia

**OR**

- Other concerns for COVID-19

Is client experiencing any of the above signs or symptoms (not definitively attributable to another cause)?

**NO**

**YES**

**YES**

**NO**

Follow appropriate guidance  
(Public Health/Protect NWT)  
based on exposure

- No further follow-up required
- Provide client resources (see [prevention section in chapter](#))

Assess severity and clinically manage client as per [NTHSSA guidance](#).

**Type of Exposure**

Returned to the NWT from outside the territory in the last 14 days

Was involved in a COVID-19 cluster or outbreak

Exposed to a traveller (household, work, etc.)

Contact of a Probable\* or Confirmed\* Case

**Suspect Case\*\***

See reverse side, manage as probable case

**Isolation, Testing, Public Health Management Of:**

[Positive Cases Algorithm](#)

[Contact Algorithm](#)

[Out of Territory Traveller Algorithm](#)  
(Not identified as case or contact)



**Positive Cases Algorithm** (Case definitions found in [Non-Outbreak Algorithm](#))**Must isolate in place while COVID positive**

NOTE: Cases who are immunosuppressed must isolate for full 10 days (or longer if symptoms have not resolved or severe illness)

**Symptoms****No Symptoms****Not Fully Vaccinated**

- Isolate in place for 10 full 24hr periods from symptom onset
- Discontinue by HCP if symptoms improve and no fever (last 24hrs)

- Isolate in place for 10 full 24hr periods from test date
- No early discontinuation of isolation allowed report to ProtectNWT

**Fully Vaccinated**

- Isolate in place for 5 full 24hr periods from symptom onset or test date (which ever comes last)
- Test Day 6 (RAT) If symptoms improve and no fever (last 24 hrs)

- Isolate in place for 5 full 24hr periods from test date
- Test Day 6 (RAT)

**MASK** – for early discontinuation of isolation case/ contact **must follow federal guidance.**

**Discontinue Isolation Fully Vaccinated****Day 6 Test****(-) RAT\***

- Case can discontinue by reporting to PNWT wear mask for 5 more days

**(+) RAT**

- Isolate another 48hrs. Can discontinue isolation by reporting to ProtectNWT on day 8
- Mask for remaining 3 days

**No RAT**

\*Cases who wish to end isolation early must take a RAT to determine if case is still infectious/ communicable. If (-) RAT person is considered no longer communicable and can discontinue isolation on Day 6

**REPORTING: MUST REPORT ALL CASES TO OCPHO 867-920-8646****RATs (Rapid Antigen Tests) Resulting in (+) Cases**Case to complete [Self-Assessment Tool for Testing](#)**No symptoms**

Case to notify ProtectNWT. ProtectNWT to notify OCPHO

**Mild Symptomatic****Severe Symptoms**

Shortness of breath  
call 9-1-1

Severe fatigue or weakness  
Severe sore throat or  
headache

See a healthcare  
provider

**Risk Factors**

None

- Case to notify ProtectNWT.
- Must ID any public exposures or workplaces

Case to notify contact

Yes

Instruct case to  
present to testing  
centre (confirm with  
molecular testing)

**Type of Test****RAT Testing Results**

Case to notify  
ProtectNWT

ProtectNWT to  
notify OCPHO

**IDNOW/PCR Molecular Results**

Testing site to  
report to OCPHO

**High Risk Factors for Severe Outcomes**

- Not fully vaccinated (less than two doses of vaccine)
- Younger than 5 years
- Older than 60 years
- Pregnant
- Received an organ transplant
- Undergoing cancer treatment
- Taking immune suppressing drugs (see note on top of page)
- Taking heart or lung disease medicine every day
- Diagnosed with severe kidney or liver disease
- Suffering from dementia or have had a stroke
- Diabetic
- Obese (Body Mass Index more than 40)

For contacts use Contact Algorithm



**Contact\* Algorithm**\*Refer to [Non-Outbreak Algorithm](#) to determine who is a contact**Non-Close Contacts**

Non Close Contact

- Follow guidance on [exposure website](#)
- Self-monitor for symptoms and seek testing if become symptomatic
- Use [self-assessment tool for testing](#) and individual to call ProtectNWT if they have a positive at-home test result (RAT)

**Close Contacts**

Household Close Contact

- Isolate for a max of 10 days from case's positive test or from case's symptom onset whichever is later.
- Must isolate in place and should not access isolation centre or hotel for isolation period.
- Contacts must have IDNOW day 10 exit test and isolation must be discontinued by a HCP

**Fully Vaccinated with a Booster**

Isolate 72hrs from last exposure monitor for symptoms

**(+) Symptoms**

Test 72hrs from exposure

**Positive Test**

- Remain in isolation
- Follow [Positive Cases Algorithm](#)
- See reporting below

**Negative Test**

- Remain in isolation Repeat RAT in 48hrs if (-) again may discontinue isolation once no symptoms/ no fever in last 24hrs
- Mask for 5 more days
- If symptoms develop isolate and arrange for testing

**NO Symptoms\*\***

- Test negative 72 hours from exposure
  - If negative discontinue isolation and mask for remaining 7 days
  - If symptoms develop isolate and arrange for testing
- \*\*IDNOW test required to release safely from isolation. If testing demand exceeds ability to test with IDNOW then a further 48hrs and if no symptoms can discontinue on day 6 and wear a mask for further 5 days

**Fully Vaccinated NO Booster or Non Fully Vaccinated**

Isolate for 5 full 24hr periods from last exposure

**(+) Symptoms**

- Continue to isolate and test immediately

**Positive Test**

- Remain in isolation
- Follow [Positive Cases Algorithm](#)
- See reporting below

**Negative Test**

- Remain in isolation Repeat RAT in 48hrs if (-) again discontinue isolation once no symptoms/ no fever in last 24hrs
- Mask for 3 more days
- If symptoms develop isolate and arrange for testing

**NO Symptoms\*\*\***

- Test day 6 IDNOW

**Positive Test**

- Remain in Isolation
- Follow [Positive Cases Algorithm](#)
- See reporting below

**Negative Test**

- Discontinue isolation
  - Mask for 5 more days
  - If symptoms develop isolate and arrange for testing
- \*\*\*IDNOW test require if no test then isolate a further 48hrs and if no symptoms can discontinue on day 8 and wear a mask for 3 days

**MASK – for early discontinuation of isolation case/contact must follow federal guidance.**



## Out of Territory Traveller Testing Algorithm

Not Fully Vaccinated*		Fully Vaccinated	
<ul style="list-style-type: none"> <li>Isolate for 5 full 24hrs periods from entry and monitor for symptoms.</li> <li>If no symptoms discontinue on day 6 with negative test by testing centre.</li> </ul>		<ul style="list-style-type: none"> <li>Self-monitor with no isolation requirements</li> </ul>	
Symptomatic Traveller		Symptomatic Traveller	
Positive Test	Negative Test	Positive Test	Negative Test
<ul style="list-style-type: none"> <li>Follow <a href="#">Case Positive Cases Algorithm</a></li> <li>See reporting below</li> </ul>	<ul style="list-style-type: none"> <li>Repeat test in 48hrs.</li> <li>If <b>positive</b> follow <a href="#">Positive Cases Algorithm</a>.</li> <li>If <b>negative</b> and symptoms resolve with no fever (past 24hrs) person can discontinue isolation</li> <li>See reporting below</li> </ul>	<ul style="list-style-type: none"> <li>Follow <a href="#">Positive Cases Algorithm</a></li> <li>See reporting below</li> </ul>	<ul style="list-style-type: none"> <li>Repeat test in 48 hours.</li> <li>If <b>positive</b> follow <a href="#">Positive Cases Algorithm</a>.</li> <li>If <b>negative</b> and symptoms resolve with no fever (past 24hrs) person can discontinue isolation</li> <li>See reporting below</li> </ul>
<p>NOTE: If no IDNOW or RAT available:</p> <ul style="list-style-type: none"> <li>Continue to self-isolate for a further 48hrs.</li> <li>Can discontinue self-isolation on day 8 if no symptoms.</li> <li>If develop symptoms and refuse testing must do risk assessment to determine further isolation needs.</li> </ul>		<p>No Symptoms</p> <p>RATs on days 1 and 4 for the following:</p> <ul style="list-style-type: none"> <li>Travel to remote communities</li> <li>Working/Volunteering with high risk population or setting (teachers, daycare workers, corrections, HCW, etc.)</li> <li>International travellers</li> </ul>	

\*Direction on their exemption letter may differ from this testing guidance. Note: some examples of person who do not need to isolate are:

- Those under 6 months with a fully vaccinated birth parent do not need to be vaccinated.
- Partially vaccinated children under 12 within 8 weeks from their first dose (day 1 and day 4 testing still needed).
- Those exempted by the CPHO for another reason.

Reporting: RAT= Client to ProtectNWT IDNOW/PCR= HCP to OCPHO

