

## TESTED. NOW WHAT?

### Instructions for Individuals Tested for COVID-19

#### After Your Test

1. Whether you must self-isolate while waiting for your test results will depend on if you have symptoms, if you are a contact of a case and your COVID-19 vaccination status. You are considered fully vaccinated in Ontario, if it has been 14 days since you:
  1. received the full series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines; **or**
  2. received one or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada; **or**
  3. three doses of a COVID-19 vaccine not authorized by Health Canada. See Additional Instructions below.
2. For your test results, visit [covid-19.ontario.ca](https://covid-19.ontario.ca) and click on "check your lab results."
  - Your results may also be available through other laboratory online portals you already subscribe to (e.g. Life Labs, Dynacare).
  - A test result will usually be available in 1-7 days.
3. If your test result is POSITIVE, you will be contacted by the Eastern Ontario Health Unit (EOHU) to conduct contact tracing. The EOHU will call you and advise you when you can complete your self-isolation.

#### Additional Instructions for fully vaccinated individuals

**Fully vaccinated close contacts who meet ALL the following criteria, do not need to self-isolate:**

- Have no symptoms related to COVID-19
- Are not immunocompromised
- Not a resident at a Long-term Care facility or Retirement Home
- Not a hospital inpatient
- Have not been otherwise instructed to self-isolate for 10 days by the EOHU

**If you meet all the above criteria, you should do the following:**

- Monitor for symptoms
- Continue to practise physical distancing, wear a face covering (or non-medical mask) when physical distancing is not possible, wash your hands often and continue to self-monitor and get re-tested as soon as a sign or symptom develops.

**If you are fully vaccinated and experiencing or develop COVID-19 symptoms, you are required to self-isolate:**

- If you test **negative**, you can come out of self-isolation once symptoms have been improving for 24 hours without taking fever-reducing medication **and** gastrointestinal (ie. Nausea, vomiting, diarrhea) symptom resolution for a minimum of 48hrs.
- If you test **positive**, remain in self-isolation and you will be contacted by the EOHU.



## Additional Instructions for not fully vaccinated or partially vaccinated individuals

**I am a close contact of a case: Even if your test result is NEGATIVE, you must self-isolate for 10 days after you last had contact with someone diagnosed with COVID-19. Members of your household who are not fully vaccinated must stay home for the duration of your self-isolation period, except for essential reasons, which include going to work or school/child care, errands for food, medication, and essential medical appointments.**

- After the 10 days, continue to practise physical distancing, wear a face covering (or non-medical mask) when physical distancing is not possible, wash your hands often and continue to self-monitor and get re-tested as soon as a sign or symptom develops.

**I have symptoms; I am not a contact of a case: You and all not fully vaccinated members of your household must self-isolate while waiting for your test results.**

- If your test is NEGATIVE, you may stop self-isolating after you are symptom-free for 24 hours. Members of your household can immediately stop self-isolating. You should continue to practise physical distancing, wear a face covering (or non-medical mask) when physical distancing is difficult or not possible, wash your hands often and continue to self-monitor and get re-tested as soon as a sign or symptom develops.

## Share this information with your household members

- Fully vaccinated household members do not need to self-isolate unless they develop symptoms themselves.
- Household members of a close contact and/or symptomatic individual who are not fully vaccinated must stay home except for essential reasons. Essential reasons include attending work or school/childcare, errands for food, medication, and essential medical appointments.
- If you become symptomatic during the period of self-isolation, household members who are not fully vaccinated must now stay home with no exceptions or until you receive a negative result or an alternate diagnosis from a healthcare provider.

## How to Self-Isolate

- Stay at home except to get medical care.
- Avoid contact with others.
- Monitor your symptoms of COVID-19. If your symptoms are worsening, and you are concerned, contact Telehealth at 1-866-797-0000 or your health care provider.
  - **If you are having difficulty breathing or experiencing other severe symptoms**, call 911 or go to a hospital emergency room immediately. Advise them of your symptoms and tell them if you have tested positive for COVID-19.
- Use food delivery services or online shopping if you need to shop. **Do not** go into stores or supermarkets in person. Arrange to have groceries and supplies dropped off at your door to minimize contact. Ask family, a neighbor or friend to help with essential errands.
- Take care of yourself:
  - Get rest and stay hydrated. Take over-the-counter medication as directed, such as acetaminophen (Tylenol), to help you feel better.
  - Keep your area well ventilated; if possible, open windows and avoid tobacco or other smoke.
  - For support for quitting or reducing tobacco use, contact your health care provider, Telehealth at 1-866-797-0000, or visit [www.smokershelpline.ca](http://www.smokershelpline.ca).
  - Stay connected with friends and family by phone or computer.
  - For more information on how to self-isolate, visit [www.EOHU.ca/coronavirus](http://www.EOHU.ca/coronavirus).

## More about COVID-19 and Testing

- Some people can be infected and stay symptom-free. Some can test positive and then develop symptoms.
- Most COVID-19 cases will be mild. If you suffer from chronic diseases like diabetes, heart and lung disease, or if you are 70 years of age or older, you are at greater risk for more serious and severe illness. Whether asymptomatic or ill, you are considered infectious and can still pass the virus on to someone else until you have been cleared by a public health nurse.

### What does a negative test mean?

- If you test negative for COVID-19, you did not have detectable virus at the time your sample was collected. This does not mean you will not get sick. It also does not mean that you will not be exposed to, test positive for, or become sick with COVID-19 at any time after your test. The test result only means that you did not have detectable COVID-19 at the time of testing.

### What does a positive test mean if I do not have symptoms?

- When there is virus in the sample, the test is very effective at picking it up. Even if a person with COVID-19 has fully recovered and is no longer contagious, they may still test positive.
- The significance of a positive test if you have never had symptoms is still unknown. You should self-isolate and monitor for symptoms as directed by the EOHU.

### Can the test determine if I had COVID-19 in the past (but not now)?

- No. This is not an antibody/serology test. This swab test only determines if you have COVID-19 at the time the test is collected. Currently, antibody/serology tests are not yet available in Ontario.

## Information on the COVID-19 vaccine

- If you are 12 or older and have not already been vaccinated, the EOHU strongly encourages you to get vaccinated as soon as your self-isolation period is over.
- If you have only received one dose of a two dose vaccine series, it is important that you receive your second dose as soon as you are eligible and no longer in self-isolation to ensure maximum protection against COVID-19.
- Vaccines are safe, effective and the best way to protect you and those around you from serious illnesses like COVID-19. The COVID-19 vaccines available in Canada are effective against all current variants
- You can book a vaccine appointment by visiting: [EOHU.ca/vaccines](https://www.eohu.ca/vaccines) or by calling 1-800-267-7120.
- You can find more information about COVID-19 vaccines at [EOHU.ca](https://www.eohu.ca).

**For more information, call 1-800-267-7120 or visit  
[www.EOHU.ca/coronavirus](https://www.eohu.ca/coronavirus)**