

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 or if you have traveled outside of Canada or to areas with high levels of activity. See Additional Instructions below.
2. For your test results, visit 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 2-7 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 during this period and will advise you on when you can complete your self-isolation.

Additional Instructions Based on Why You Were Tested

I do not have symptoms; I am a contact of a case OR I have travelled outside of Canada or to areas with high levels of activity.

- Even if your test result is NEGATIVE, you must self-isolate for 14 days after you last had contact with someone diagnosed with COVID-19 OR arrived back in Canada or from areas with high levels of activity, as directed by public health.
- Members of your household 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 14 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 AND I have not travelled outside of Canada or to areas with high levels of activity.

- You and all 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.

I have symptoms AND I am a contact of a case.

- Even if your test result is NEGATIVE, you must continue to self-isolate for the entire 14-day isolation period, as directed by the EOHU.
- Members of your household must self-isolate until you receive a NEGATIVE test result, after which they should 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 14 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 do not have symptoms; I am not a contact of a case AND I have not travelled outside of Canada or to areas with high levels of activity.

- You are not required to self-isolate while waiting for your test results.
- If your test result is NEGATIVE, 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.

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.
 - Stay connected with friends and family by phone or computer.
 - For more information on how to self-isolate, visit 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 Health Unit.

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.

**For more information, call 1-800-267-7120 or visit
www.EOHU.ca/coronavirus**