

Coronavirus Disease 2019 (COVID-19)

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

What to do while you're waiting for your test results:

Isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. Others in your household, or anyone with whom you've recently had close physical contact, should follow the advice of your local public health unit.

If you do not have symptoms and have not been exposed to COVID-19 or advised to self-isolate, continue physical distancing and monitor for symptoms while you wait for results.

What to do if:

Your test result is negative and you:

- **had a known exposure to COVID-19;** self-isolate regardless of the result and follow the advice of your local public health unit.
- **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*.
- **have not had a known exposure and are ill;** self-isolate according to your local public health unit advice.
- **have not had an exposure and you are well;** continue physical distancing and self monitoring.
- **have new or worsening symptoms;** self-isolate right away and refer to the Ministry of Health COVID-19 self-assessment tool for further direction.

Your test result is positive and you:

- **have had symptoms;** self-isolate for the time period advised by your local public health unit.
- **have not had symptoms;** self-isolate for the time period advised by your local public health unit.

If you test positive, your local public health unit will contact you. You will be asked for information to help determine who you were in contact with while you may have been contagious or where you may have acquired COVID-19.

For information about how to self-isolate, physical distancing and self-monitoring, visit Public Health Ontario's COVID-19 public resources webpage: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

To access the Ministry of Health COVID-19 self-assessment tool, visit: <https://covid-19.ontario.ca/self-assessment/>

After a positive test, your public health unit will ask you about:

- **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 can help to contain the spread of the virus in our community. This is called Contact Tracing.

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 your local health unit. For a list of public health units visit: www.health.gov.on.ca/en/common/system/services/phu/locations.aspx

When to seek medical care:

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

For more information please contact: _____

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