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.

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

You may have been exposed to COVID-19 if any of these apply to you:

- ☐ Close contact with an infected person in your household
- ☐ Close contact with an infected person outside your household (e.g., workplace)
- ☐ Travel in the last 14 days

How to self-isolate:

- Stay home
- Avoid contact with others - keep your distance by at least 2 metres
- Wash your hands
- Cover your coughs and sneezes
- If you cannot maintain a 2 metre distance from others wear a mask over your nose and mouth when around others

What to do if:

Your test result is negative and you:
- **had an exposure to COVID-19**; self-isolate for 14 days from your last exposure, regardless of the result.
- **Have traveled outside of Canada in the last 14 days;** self-isolate for 14 days after your return, regardless of result. Self-isolation (quarantine) is required under the federal *Quarantine Act*.
- **have not had an exposure and are ill**; self-isolate until you are feeling well.
- **have not had an exposure and you are well**; continue physical distancing. If you develop symptoms, self-isolate right away.

Your test result is positive and you:
- **have symptoms**; self-isolate for 14 days following the day your symptoms started.
- **do not have symptoms**; self-isolate for 14 days following the day you were tested.

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. They will also advise you when you can stop self-isolating.

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 symptoms of COVID-19 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:** Who were you less than 2 metres apart from 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 you 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.

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