

FOLLOW-UP INSTRUCTIONS FOR INDIVIDUALS TESTED FOR COVID-19

Why was I tested?	While waiting for your test	If your test is negative...	If your test is positive...
I have been identified by the health unit as a high risk contact of a person who has tested positive for COVID-19, but I have NO symptoms.	You must self-isolate from others for 14 days after you last had contact with the person who tested positive for COVID-19.	You must continue to self-isolate from others for 14 days after you last had contact with the person who tested positive for COVID-19.	You must self-isolate from others for a minimum of 10 days after your test date and the Simcoe Muskoka District Health Unit (SMDHU) will be in contact with you. If you have not heard from SMDHU within 24 hours of receiving your result, please call 705-721-7520, ext. 5830, Monday – Friday, 8:30am – 4:30pm
I have been identified by the health unit as a high risk contact of a person who has tested positive for COVID-19, and I HAVE symptoms.	You must continue to self-isolate from others for 14 days after you last had contact with the person who tested positive for COVID-19. Contact SMDHU to report your symptoms.	You must continue to self-isolate for 14 days after you last had contact with the case or until 24 hours after your symptoms resolve (e.g., you are feeling better and you don't have a fever of 37.8o C or higher)—whichever is longest. After the 14 days you should continue to physical distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often, continue to self-monitor and get retested if any new, worsening, or different signs or symptoms develop.	
I HAVE symptoms but I have NOT been identified by the health unit as a high risk contact of a person who has tested positive for COVID-19.	You must self-isolate from others for a minimum of 10 days after the onset of symptoms while waiting for your test results.	You may stop self-isolating when you do not have a fever (without using medication), it has been at least 24 hours since symptoms started improving and you have not had any close contact with a person who currently has COVID-19. You should continue to physically distance from others, wear a mask when physical distancing is not possible, wash your hands often and continue to self-monitor. Get re-tested if symptoms worsen.	
I have NO symptoms, and have NOT been identified by the health unit as a high risk contact of a person who has tested positive for COVID-19.	You are not required to self-isolate while waiting for your test results.	You should continue to physically distance from others, wear a mask when physical distancing is not possible, wash your hands often and continue to self-monitor and get re-tested if symptoms develop.	

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If you are concerned about your symptoms call Telehealth Ontario at 1-866-797-0000 or contact your health care provider. If you need urgent medical attention call 911.

SELF-CARE WHILE ISOLATING

- Stay home except to get medical care.
- 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 the area you are isolating in well ventilated. If possible open windows and avoid tobacco or other smoke.
- Stay connected with friends and family by phone or computer.
- For more information on how to [self-isolate](#), go online and search “Public Health Ontario’s Guide on How to Self-isolate”.
- If you need support, resources or information due to difficulties with self-isolating (such as income issues, food security, or lack of social connections), call 211 Ontario for assistance. 211 is a free, confidential, province-wide helpline that simplifies finding support and community services for Ontario residents.
- For advice for your caregivers, refer to [Self-isolation: Guide for caregivers, household members and close contacts](#) by searching “Public Health Ontario, Guide to Self-isolation”.

MORE ABOUT COVID-19

- Some people can be infected and have no symptoms. Some can test positive and then develop symptoms.
- The majority of COVID-19 cases will be mild. If you suffer from chronic diseases like diabetes, heart or lung disease, or if you are 70 years of age or older, you are at greater risk for more serious and severe illness.
- It is important to monitor your symptoms of COVID-19. If your symptoms worsen and you are concerned, contact Telehealth Ontario at 1-866-797-0000 or your health care provider.
- If you need urgent medical attention (for example if you feel chest pain, shortness of breath, or have difficulty breathing) call 911 and tell them you have tested positive for COVID-19.

HOW TO GET YOUR TEST RESULTS

- 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 is usually available in 2-10 days.

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**.

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 widely available in Ontario.

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