

FOLLOW-UP INSTRUCTIONS FOR INDIVIDUALS TESTED FOR COVID-19

Last revised: March 22, 2021

Why was I tested?	While waiting for your test results...	If your test is negative...	If your test is positive...
I have been identified by the health unit as a close (high-risk) contact of a person who has tested positive for COVID-19, but I have NO symptoms.	<ul style="list-style-type: none"> Continue to self-isolate from others. Members of your household must stay home for the duration of your isolation period, except for essential reasons.¹ 	<ul style="list-style-type: none"> Continue to self-isolate from others for 14 days after you last had contact with the person who tested positive for COVID-19. Get a second test if the first test was less than 7 days from the last time you had contact with the person who tested positive for COVID-19. <ul style="list-style-type: none"> This second test should occur 10 or more days after the last time you had contact with the person who tested positive for COVID-19. If you develop symptoms at any time, regardless of how recent your test(s) was, you are asked to retest. Members of your household must continue to stay home for the duration of your isolation period, except for essential reasons.¹ 	<ul style="list-style-type: none"> Self-isolate from others for a minimum of 10 days after you developed symptoms or your test date (if you have no symptoms) and public health will contact you shortly. Members of your household must now self-isolate and not leave for essential reasons until public health has followed up with them and provided direction. If you have questions after receiving your result please call 705-721-7520, ext. 5830, Monday – Friday, 8:30 a.m. – 4:30 p.m.
I have been identified by the health unit as a close (high risk) contact of a person who has tested positive for COVID-19, and I HAVE symptoms.	<ul style="list-style-type: none"> Continue to self-isolate from others for 14 days. Members of your household must also self-isolate while waiting for you test results and cannot leave even for essential reasons. 	<ul style="list-style-type: none"> Continue to self-isolate for 14 days or until 24 hours after your symptoms resolve (e.g., you are feeling better and you don't have a fever of 37.8C or higher)—whichever is longest. Get a second test if the first test was less than 7 days from the last time you had contact with the person who had tested positive for COVID-19. <ul style="list-style-type: none"> This second test should occur 10 or more days after the last time you had contact with the person who tested positive for COVID-19. If you develop new, different or worsening symptoms at any time, regardless of how recent your test(s) are, you are asked to retest. Members of your household must continue to stay home for the duration your isolation period, except for essential reasons to leave home.¹ 	

¹ Essential reasons to leave the home include to attend work, school, childcare or for essential errands (e.g. getting groceries, attending medical appointments, or picking up prescriptions).

Why was I tested?	While waiting for your test results...	If your test is negative...	If your test is positive...
<p>I HAVE symptoms but I have NOT been identified by the health unit as a close (high risk) contact of a person who has tested positive for COVID-19.</p>	<ul style="list-style-type: none"> • Self-isolate from others while waiting for your test results. • Members of your household must also self-isolate while waiting for your test results and cannot leave even for essential reasons. 	<ul style="list-style-type: none"> • Stop self-isolating when you do not have a fever (without using medication) and it has been at least 24 hours since symptoms started improving. • Get re-tested if symptoms worsen. Members of your household may stop self-isolating as soon as test results received. 	<ul style="list-style-type: none"> • Self-isolate from others for a minimum of 10 days after you developed symptoms or your test date (if you have no symptoms) and public health will contact you shortly. • Members of your household must now self-isolate and not leave for essential reasons until public health has followed up with them and provided direction. • If you have questions after receiving your result please call 705-721-7520, ext. 5830, Monday – Friday, 8:30 a.m. – 4:30 p.m.
<p>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.</p>	<ul style="list-style-type: none"> • You are not required to self-isolate while waiting for your test results. Members of your household are not required to self-isolate while waiting for your test results. 	<ul style="list-style-type: none"> • You should continue to physical distance from others, wear a mask, 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 60 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.