

I Have Been TESTED for COVID-19

Now what should I do?

Follow-up Instructions

Why were you tested? Choose one of the following four reasons:

I have none of the symptoms listed on the [COVID-19 Self-Assessment Tool](#) for Ontario, but I am a contact of a confirmed case OR I have travelled outside of Canada or to an impacted area in Canada.

- You and your close contacts (household members) must self-isolate from others while your test result is pending.
- If your result is negative, you must continue to self-isolate for 14 days after you last had contact with the case or arrived back in Canada. If you develop any new or worsening symptoms, you should seek further testing.
- If your test result is positive, Hastings Prince Edward Public Health will contact you to conduct contact tracing and health teaching. A public health nurse will call you several times during this period and will advise you about when you can complete your self-isolation.

I have at least one symptom listed on the [COVID-19 Self-Assessment Tool](#) for Ontario but I am not a contact of a confirmed case, and I have not travelled outside of Canada or to an impacted area in Canada.

- You and your close contacts (household members) must self-isolate from others while your test result is pending.
- If your test result is negative, you may stop self-isolation after you are symptom-free for 24 hours. 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 re-tested as soon as any symptom develops.
- If your test result is positive, Hastings Prince Edward Public Health will contact you to conduct contact tracing and health teaching. A public health nurse will call you several times during this period and will advise you about when you can complete your self-isolation.

I have at least one symptom listed on the [COVID-19 Self-Assessment Tool](#) for Ontario AND I am a contact of a case OR I have travelled outside of Canada or to an impacted area in Canada.

- You and your close contacts (household members) must self-isolate from others while your test result is pending.
- If your test result is negative, you should continue to self isolate for 14 days from your last contact with the case or arrived back in Canada. If you develop any new or worsening symptoms, you should seek further testing.
- If your test result is positive, Hastings Prince Edward Public Health will contact you to conduct contact tracing. A public health nurse will call you several times during this period and will advise you on when you can complete your self-isolation.

I have no symptoms, I am not a contact of a case, and I have not travelled outside of Canada or to an impacted area in Canada.

- You are not required to self-isolate while waiting for your test results.
- If your test result is negative, you should continue to use physical distancing recommendations. If you develop any new symptoms, you should seek further testing.
- If your test result is positive, Hastings Prince Edward Public Health will contact you to conduct contact tracing. A public health nurse will call you several times during this period and will advise you about when you can complete your self-isolation.

How do I practise self-care while self-isolating?

- Stay home except to get medical care, and if seeking medical care, inform them that you are self-isolating.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines as directed, such as ibuprofen, to help you feel better.

- Keep your area well ventilated, if possible open windows and avoid tobacco or other smoke.
- To quit/reduce smoking, talk to your health care provider or visit the [Quit Smoking](#) page on our website.
- Stay connected with friends and family by phone and/or computer.
- For more information, refer to [How to Self-Isolate](#) from Public Health Ontario.
- To find advice for your caregivers, please refer to [Self-Isolation: Guide for Caregivers, Household Members and Close Contacts](#) from Public Health Ontario.

How can I find my 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.
- Test results will usually be available within 2-10 days after testing.

What does a negative test result 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 don't 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.
- Since research indicates that people who have COVID-19 without symptoms are responsible for 35% of new cases (CDC), you should self-isolate and monitor for symptoms as directed by Public Health.

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 widely available in Canada.

What are the current physical distancing recommendations?

- Everyone, whether they are being tested or not, is encouraged 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 re-tested if you develop any symptoms.
- Do not gather in large groups and follow the advisories from the provincial government for the currently accepted number of people in your [social circle](#).

More about COVID-19:

- Some people can be infected and stay symptom-free. 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.
- Whether asymptomatic or ill, you are considered infectious if you test positive and can still pass the virus on to someone else until you have been cleared by a public health nurse.
- Call our COVID-19 Intake Line at 613-966-5500/1-800-267-2803 if you have any questions or concerns.
- If symptomatic, it is important to 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 need urgent medical attention, for example, if you have chest pain, shortness of breath, or have difficulty breathing, call 911 and tell them you have tested positive for COVID-19.

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