Follow-up Instructions for Individuals Tested for COVID-19

I have **SYMPTOMS**, and:

I am not a contact of a person who is positive for COVID-19 and have not travelled outside of Canada in the past 14 days.

- You must self-isolate while waiting for your COVID-19 test results.
- If your COVID-19 test is negative, you may stop self-isolating if you do not have a fever and your symptoms have been improving for at least 24 hours.
- Household members and close contacts should monitor for symptoms however do not need to self-isolate. Everyone should be tested for COVID-19 if symptoms develop.

I have been told that I am a contact of a person who tested positive for COVID-19.

- You must self-isolate for 14 days from either the day your symptoms started or from the day you last had contact with the person who tested positive for COVID-19, whichever is longer. If your test result is negative, you must continue to isolate for the full 14 days from your last exposure. You will receive daily follow-up from public health.
- Household members and close contacts should monitor for symptoms however do not need to self-isolate. All individuals should be tested for COVID-19 if symptoms develop.

I have travelled outside of Canada.

- You must self-isolate for 14 days from the day your symptoms started or from the day you arrived back in Hastings and Prince Edward Counties, whichever is longer. If your test result is negative, you must stay in self-isolation for the full 14 days from travel.
- Household members and close contacts should monitor for symptoms however do not need to self-isolate. All individuals should be tested for COVID-19 if symptoms develop.

PROTECT YOUR COMMUNITY FROM COVID-19

- Physical distance outside your household
- Wear a mask over your nose, mouth and chin
- Avoid large gatherings
- Wash or sanitize your hands regularly

I have **NO SYMPTOMS**, and:

I went for testing due to work or visiting requirements but do not have symptoms of COVID-19.

- You are not required to self-isolate while waiting for your COVID-19 test results.

I have been told that I am a contact of a person who tested positive for COVID-19.

- You must self-isolate for 14 days from the day you last had contact with the person who tested positive for COVID-19, even if your test result is negative.
- If you are a contact of a person who tested positive for COVID-19, you will receive daily follow-up from public health.
- Household members and close contacts should monitor for symptoms however do not need to self-isolate. All individuals should be tested for COVID-19 if symptoms develop.

I have been in contact with someone who has been in contact with a person who tested positive for COVID-19.

- If the person you were in contact with does not have symptoms, you are not required to self-isolate while waiting for your COVID-19 test results.
- If the person you were in contact with has symptoms, or develops symptoms, you are required to self-isolate until you and that person receive a negative COVID-19 test result.
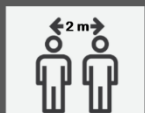- If you develop symptoms, get retested for COVID-19.

I have travelled outside of Canada.

- You must self-isolate for 14 days from the day you arrived back in Hastings and Prince Edward Counties.
- If you develop symptoms, get tested for COVID-19 and continue to self-isolate while waiting for your result.
- Household members and close contacts should monitor for symptoms however do NOT need to self-isolate.

I have been alerted by the COVID App that I have been in contact with someone who is positive for COVID.

- You must self-isolate while waiting for your COVID-19 test results.
- If your COVID-19 test is negative, you may stop self-isolating as long as you remain symptom free.
- If you develop symptoms, get retested for COVID-19.

Next steps

How to get your COVID-19 test results.

- Your test result should be available in 2 to 5 days.

- ***Visit covid-19.ontario.ca and click on "check your lab results".***

- If you are unable to access your results, please contact your health care provider or the assessment centre where you were tested.

What happens if the test result is positive?

- HPE Public Health will contact you. A case manager will call to initiate contact tracing and will be in touch each day to check in during your isolation period. They will let you know when you can leave self-isolation.
- It is not necessary for you to be re-tested after your isolation period for clearance of the virus. If a follow-up test is recommended it will be directed by public health.
- There is currently no guidance regarding immunity for COVID-19 following a positive test.

What does a negative COVID-19 test result mean?

- If you test negative for COVID-19, you did not have detectable virus at the time your sample was collected.
- If you were exposed to COVID-19 and tested soon after your exposure you may test negative for COVID 19 but may be incubating the illness. An individual may test positive 2-14 days after an exposure.
- All individuals should be tested for COVID-19 if symptoms develop.

More about COVID-19

- Some people can be infected and be symptom-free. Some can test positive and then develop symptoms.
- Most 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.
- If you test positive and are ill or have no symptoms, you are still considered infectious and can pass the virus on to others until you have been cleared by a public health nurse.
- It is important to monitor your symptoms. If your symptoms are worsening, 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 have chest pain, shortness of breath, or have difficulty breathing, call 9-1-1 and tell them you have tested positive for COVID-19.

COVID-19 Assessment Centres:

Belleville and Quinte West
(613) 961-5544

Prince Edward County
(**613) 813-6864**

North Hastings
(613) 332-2825 ext. 6224

COVID-19 information:

Hastings Prince Edward Public Health
hpePublicHealth.ca

Quinte Health Care
qhc.on.ca

Ontario Ministry of Health
covid-19.ontario.ca

Public Health Ontario
publichealthontario.ca

Public Health Agency of Canada
canada.ca/publichealth

HASTINGS PRINCE EDWARD
Public Health

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