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 are required to isolate until you receive your test results or an alternate diagnosis from a health care provider. Everyone should be tested for COVID-19 if they develop symptoms.

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

- You must self-isolate immediately, and you should get tested.
- If your result is positive, you will be notified by Public Health to determine your specific isolation period.
- If you test negative, you still must continue to isolate for the full 14 days from your last known exposure to the person who tested positive.
- Household members and close contacts of symptomatic individuals are required to isolate until you receive a negative test result or an alternate diagnosis from a health care provider. If your test result is positive, all close contacts and household members must isolate.
- Everyone should be tested for COVID-19 if they develop symptoms.

I have travelled outside of Canada.

- You must self-isolate for 14 days from the day you arrived back in Canada, and get tested.
- If your result is positive you will be notified by Public Health to determine your specific isolation period. If your test result is negative, you still must stay in self-isolation for the full 14 days after your return from travel.

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 do not need to self-isolate while waiting for 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 your last contact with the person who tested positive for COVID-19, even if your test result is negative.
- Household members of close contacts that do not have symptoms should monitor for symptoms but do not need to self-isolate. They should leave home only for essential reasons (work, school, or essential shopping). They should isolate and get tested 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/has not tested positive, 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 test result.
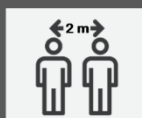- If you develop symptoms, get tested for COVID-19.

I have travelled outside of Canada.

- You must self-isolate for 14 days from the day you arrived back in Canada, even if you do not have symptoms.
- Household members and close contacts should monitor for symptoms, but they do NOT need to self-isolate.
- If you develop symptoms, get tested for COVID-19 and continue to self-isolate while waiting for your result.
- If you develop symptoms, all household members must isolate until you receive a negative result.

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 notify you of self-isolation requirements. You will be advised when you can leave self-isolation.
- If you have tested positive for COVID-19, it is not recommended for you to be re-tested after your isolation period is complete for clearance of the virus. Many individuals may test positive for weeks-months however they are NOT considered infectious or a risk to others.

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 up to 14 days after an exposure.
- All individuals should be tested for COVID-19 if symptoms develop. If you had a known exposure to COVID-19, get tested again if symptoms worsen, even if you tested negative the first time.

More about COVID-19

- Some people can be infected and be symptom-free. Some can test positive and then develop symptoms later.
- 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. Remain in self-isolation for the time advised by public health, even if you feel well.
- 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

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Public Health