Follow-up Instructions for Individuals Tested for COVID-19

Revised October 20, 2021

Fully immunized refers to individuals who have received their second dose of COVID-19 vaccine more than 14 days ago.

Not fully immunized refers to individuals who have not received any doses of a COVID-19 vaccine, have received the first dose of a vaccine that requires 2 doses, or have received their second dose but 14 days have not yet passed.

Individuals who have travelled out of the country are required to follow federal requirements upon their return, including advisory to isolate, if appropriate.

Anyone who has symptoms of COVID-19 MUST self-isolate while they are waiting for test results.

I have **symptoms** and,

I have been identified as a high-risk contact of a person who tested positive for COVID-19.

- Follow specific guidance provided to you by HPEPH.
- If you are NOT fully immunized you must self-isolate for 10 days from the date you last had contact with the person who tested positive for COVID-19, **even if you test negative.**
- If you are fully immunized and you receive negative test results, you no longer need to isolate ONCE your symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms).
- Any of your household members who are NOT fully immunized **are also required to isolate until you receive a negative COVID-19 test result.**
- Household members who are fully immunized and symptom-free do not need to isolate.

I have symptoms and I have not been identified as a high risk contact of a person who tested positive for COVID-19.

- You must self-isolate while waiting for your COVID-19 test results.
- If your COVID-19 test is negative, you may stop self- isolating when you have been symptom-free for 24 hours without fever reducing medication (48 hours for gastro-intestinal symptoms).
- Household members who are NOT fully immunized **are also required to isolate until you receive a negative COVID-19 test result.**
- Household members who are fully immunized and symptom-free and not required to isolate.

I have **no symptoms** and,

I have been identified as a high-risk contact of a person who tested positive for COVID-19

- Follow specific guidance provided to you by HPEPH.
- If you are NOT fully immunized you must self-isolate for 10 days from the day you were last exposed to the person who tested positive for COVID-19.
- Fully immunized people are not required to isolate but should avoid social gatherings and activities for 10 days from the last exposure to the person who tested positive for COVID-19.
- Household members should isolate except for essential reasons (i.e., work, grocery shopping) unless you or your household members are fully immunized.

I am not a contact of a person who tested positive for COVID-19, however I need a test for visiting or work purposes.

- You are not required to self-isolate while you are waiting for your COVID-19 test results. Monitor yourself for symptoms and if symptoms develop, self-isolate and get re-tested.

I have been alerted by the COVID Alert app that I have been in contact with someone who has COVID-19.

- If your COVID-19 test is negative, you may stop self-isolating as long as you have not been notified by public health that you are a close contact of COVID-19.
- Monitor yourself for symptoms and if you develop symptoms, you must self-isolate and get re-tested.

Other Important Information

How to get your COVID-19 test results

- Your test result should be available within a few days.
- Visit covid-19.ontario.ca and click on "check your lab results".
- If are unable to access your results, please contact the assessment centre where you were tested.

If your test result is positive

HPEPH will call you to initiate contact tracing and will provide further guidance. HPEPH will tell you how long you need to isolate, and will provide guidance on isolation requirements for individuals you have been in close contact with.

What does a negative COVID-19 test result mean?

- A negative COVID-19 test means you did not have a detectable level of the virus at the time your sample was collected. This does not necessarily mean you haven't been exposed to COVID-19 and will not get sick with COVID-19 after you had the test done.
- This is not an antibody test to determine if you have had COVID-19 in the past.

More about COVID-19

- Some people can be infected and have no symptoms.
- Many people infected with COVID-19 will only experience mild symptoms. 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 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

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