

## Coronavirus Disease 2019 (COVID-19)

# You were tested for COVID-19: What you should know

### What to do while you're waiting for your test results:

Isolate yourself from others if you have COVID-19 symptoms, a known exposure to COVID-19 or have traveled outside of Canada in the last 14 days.

If you do not have symptoms, have not been exposed to COVID-19 or have not been advised to self-isolate, continue physical distancing and monitor for symptoms while you wait for results. To check your results, visit Ontario Government's [COVID-19 Test Results](#) webpage.

### What to do if:

#### Your test result is negative and you:

- **had a known exposure to COVID-19;** continue to self-isolate as advised by your local public health unit, regardless of your test result. If you got tested within the first 6 days of your 14 day self-isolation period, get tested again on or after day 10 of your self-isolation. You should also get tested again at any time if you develop symptoms.
- **have traveled outside of Canada in the last 14 days;** continue to self-isolate after your return, regardless of your test result. Unless you have an exemption, self-isolation (quarantine) and testing is required under the federal *Quarantine Act*.
- **have not had a known exposure and are ill;** continue to self-isolate until you are feeling well.
- **have not had an exposure and you are well;** continue physical distancing. If you develop symptoms, self-isolate right away.
- **have new or worsening symptoms;** self-isolate right away and refer to the Ministry of Health COVID-19 self-assessment tool for further direction.

#### Your test result is positive:

- continue to self-isolate for the time period advised by your local public health unit.
- tell your household members to stay home and wait for further advice from the local public health unit.

**If you test positive, your local public health unit will contact you.** You will be asked for information to help determine who you were in contact with while you may have been contagious or where you may have acquired COVID-19.

## After a positive test, your public health unit will ask you about:

- **Symptoms:** What symptoms have you experienced and what have been your symptoms over time? A list of COVID-19 symptoms is available on the [Ontario Ministry of Health's](#) website.
- **Places:** Where have you been in the 14 days prior to when your symptoms started or, if you don't have symptoms, in the 14 days prior to the day you were tested? Make a list of places you have been and include the date, time and address.
  - Examples include: travel, workplace, school/childcare/camp, places you may have stayed (rooming house, hotel etc.)
- **Contacts:** Who were less than 2 meters apart from you within the 48 hours before you started feeling ill or, if you don't have symptoms, in the 48 hours before you were tested? Make a list of the names, phone numbers, and dates and times of last contact with anyone who:
  - Lives in your home
  - Works in the same place
  - Goes to the same school or childcare location
  - You had contact within 2 metres apart for longer than a brief time (i.e., had a chat). Walking by someone is not considered a close contact.

**By identifying where you have been and who you were physically close to, you can help to contain the spread of the virus in your community. This is called Contact Tracing.**

## Additional Resources

- For more information about how to self-isolate, physical distancing and self-monitoring, visit Public Health Ontario's [COVID-19 Multilingual Resources](#).
- You can also access the Ministry of Health's [COVID-19 Self-assessment](#) tool online. If you have any questions or need additional information contact your local health unit. For a list of public health units, visit Ontario Government's [Public Health Units](#) webpage.

## When to seek medical care:

- If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).
- In a medical emergency, call 911 immediately.

For more information please contact: \_\_\_\_\_

The information in this document is current as of March 25, 2021