

# Tested for COVID-19 Now what?

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**The directions below apply to everyone, regardless if you have one or two doses of COVID-19 vaccine.**

## If you have COVID-19 symptoms, and are a contact of a case OR have travelled outside of Canada:

While waiting for results	Continue to self-isolate from others. Household members must also self-isolate.
If test results are <b>negative</b>	Continue to self-isolate for 14 days from your last contact to a positive case or from your arrival back in Canada.
If test results are <b>positive</b>	Continue to self-isolate for 10 days from when your symptoms started. Public health will provide guidance on your isolation period.

## If you have COVID-19 symptoms but are NOT a contact of a case and have NOT travelled outside of Canada:

While waiting for results	Continue to self-isolate from others. Household members must also self-isolate.
If test results are <b>negative</b>	You may stop self-isolating after you are symptom-free for 24 hours.
If test results are <b>positive</b>	Continue to self-isolate for 10 days from when your symptoms started. Public health will provide guidance on your isolation period.

## If you have NO symptoms, but ARE a contact of a case OR have travelled outside of Canada:

While waiting for results	Continue to self-isolate from others for 14 days from your last contact to a positive case or from your arrival back in Canada. Household members should stay home except for essential reasons (e.g., school, work, buying necessities).
If test results are <b>negative</b>	Continue to self-isolate for 14 days from your last contact to a positive case or from your arrival back in Canada. If you develop symptoms, get retested as soon as possible.
If test results are <b>positive</b>	Self-isolate for 10 days from the day you were tested. If you develop symptoms, you may need to self-isolate for longer. Public health will provide guidance on your isolation period.

## If you have NO symptoms, are NOT a contact of a case and have NOT travelled outside of Canada:

While waiting for results	You are <u>not</u> required to self-isolate from others.
If test results are <b>negative</b>	Get retested if you develop symptoms.
If test results are <b>positive</b>	Self-isolate for 10 days from the day you were tested. If you develop symptoms, you may need to self-isolate for longer. Public health will provide guidance on your isolation period.

## If you have received notification of exposure via the COVID alert app:

While waiting for results	Self-isolate from others. If you have symptoms, your household members should also self-isolate.
If test results are <b>negative</b>	And previously had symptoms, you may stop self-isolating after you are symptom free for 24 hours. And previously had no symptoms, you can discontinue self-isolation.
If test results are <b>positive</b>	Continue to self-isolate for 10 days from when your symptoms started. Public health will provide guidance on your isolation period.

## How do you get your test results?

- Visit [covid-19.ontario.ca](https://covid-19.ontario.ca) and click "Check your lab results".
- A test result will usually be available in 1-2 days.
- If your test is positive you will be contacted by Public Health and they will advise you on how long you will need to self-isolate.

## What does a negative test mean?

- The virus was not detected 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 test positive for, or become sick, or be exposed to 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.
- To prevent becoming infected with COVID-19, practice physical distancing from others, wear a mask when physical distancing is not possible, wash your hands often, and monitor for symptoms of COVID-19.

## What does a positive test mean if you don't have symptoms?

- The test is very effective at detecting any virus. Even if a person with COVID-19 has fully recovered and is no longer contagious, they may still test positive.
- The significance of a positive test if you have never had symptoms is still unknown. You should self-isolate and monitor for symptoms as directed by Public Health.

## Can the test determine if you had a COVID-19 in the past?

- No. This is not an antibody/serology test. This swab test only determines if you have detectable COVID-19 at the time the test is collected.

## More about COVID-19

- Some people can be infected and stay symptom-free. Some can test positive and then develop symptoms.
- Whether you have symptoms or not, if you tested positive you are considered infectious and can still pass the virus on to someone else until you have been cleared by Public Health.
- It is important to monitor your symptoms of COVID-19. If your symptoms are worsening and you are concerned, contact your health care provider or Telehealth (1-866-797-0000).
- If you have any severe symptoms, such as difficulty breathing or chest pain, call 911 and tell them you have tested positive for COVID-19.
- Download the COVID alert app from your mobile phone app store to receive notifications of exposures to confirmed COVID-19 persons.

For more information, call Public Health at **1-800-265-7293**, ext. **7006** or visit [wdgpublichealth.ca](https://wdgpublichealth.ca)