TESTED! NOW WHAT?

FOLLOW-UP INSTRUCTIONS FOR INDIVIDUALS TESTED FOR COVID-19

	I am waiting for my results	I tested negative	I tested positive
Scenario 1: ✓ **I have no symptoms AND** ✓ **I am a close contact of a case** **OR** ✓ **I have no symptoms AND** ✓ **I have travelled outside of Canada**	• You must self-isolate from others while awaiting your results, including from members of your household if possible • Members of your household must self-monitor for symptoms and can continue to go to work and go to school if they remain symptom-free	• Continue to self-isolate for 14 days after you last had contact with the case or arrived back in Canada • After the 14 days you should continue to physical distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often, continue to self-monitor and get retested if a sign or symptom develops • If you stay symptom-free, you can return to activities (e.g., work) after your 14 day isolation is complete	• If your test result is positive, York Region Public Health will contact you to complete a case investigation with you and to initiate contact tracing • If you were not able to self-isolate from members of your household while awaiting test results, members of your household must self-isolate for 14 days. If symptoms develop, they should seek assessment and testing at a COVID-19 Assessment Centre • A public health professional will advise you when you can complete your self-isolation • When your self-isolation is complete you can return to activities (e.g., work), but should continue to physical distance from others, wear a cloth mask when physical distancing is not possible and wash your hands often • Public Health does not require you to get a clearance swab to return to work. You can return to work 10 days after your test was taken unless your employer advises otherwise

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Scenario 2: ✓ **I have symptoms AND** ✓ **I am NOT a <u>close contact</u> of a case AND** ✓ **I have NOT travelled outside of Canada**	• You must self-isolate from others while awaiting your results, including from members of your household if possible • Members of your household must self-monitor for symptoms and can continue to go to work and go to school if they remain symptom-free	• If your test is negative, you may stop self-isolating after you no longer have a fever and your symptoms are improving for at least 24 hours. A follow-up test is not required. You can return to activities (e.g., work) at this time • You should continue to physical distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often, continue to self-monitor and get retested if any new, worsening or different signs or symptoms develop	• If your test result is positive, York Region Public Health will contact you to complete a case investigation with you and to initiate contact tracing • If you were not able to self-isolate from members of your household while awaiting test results, members of your household must self-isolate for 14 days. If symptoms develop, they should seek assessment and testing at a COVID-19 Assessment Centre • A public health professional will advise you when you can complete your self-isolation • When your self-isolation is complete, you can return to activities (e.g., work), but should continue to physical distance from others, wear a cloth mask when physical distancing is not possible and wash your hands often • Public Health does not require you to get a clearance swab to return to work. You can return to work if it has been 10 days since your symptoms first started and you no longer have a fever (37.8°C or higher) for 24 hours – without the use of fever-reducing medication, other symptoms are improving, unless your employer advises otherwise

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Scenario 3: ✓ **I have symptoms AND** ✓ **I am a contact of a case** **OR** ✓ **I have symptoms AND** ✓ **I have travelled outside of Canada**	• You must self-isolate from others while awaiting results, including from members of your household if possible • Members of your household must self-isolate for 14 days. If symptoms develop, they should seek assessment and testing at a COVID-19 Assessment Centre	• Continue to self-isolate for 14 days after you last had contact with the case or arrived back in Canada or until 24 hours after your symptoms resolve (e.g., you are feeling better and you don't have a fever of 37.8º C or higher)—whichever is longest • After the 14 days you should continue to physical distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often, continue to self-monitor and get retested if any new, worsening, or different signs or symptoms develop • You can return to work 14 days after you had last contact with the case or arrived back in Canada OR 24 hours after your symptoms resolve (e.g., you are feeling better and you don't have a fever of 37.8º C or higher)—whichever is longest	• If your test result is positive, York Region Public Health will contact you to complete a case investigation with you and to initiate contact tracing • Members of your household must self-isolate for 14 days. If symptoms develop, they should seek assessment and testing at a COVID-19 Assessment Centre • A public health professional will advise you when you can complete your self-isolation. You can return to work when your self-isolation is complete but should continue to physical distance from others, wear a cloth mask when physical distancing is not possible and wash your hands often • Public Health does not require you to get a clearance swab to return to work. You can return to work if you no longer have a fever (37.8º C or higher)) for 24 hours – without the use of fever-reducing medication, other symptoms are improving and it has been 10 days since your symptoms first started unless your employer advises otherwise

	I am waiting for my results	I tested negative	I tested positive
Scenario 4: ✓ **I have NO symptoms AND** ✓ **I am NOT a contact of a case AND** ✓ **I have NOT travelled outside of Canada**	• You are not required to self-isolate while waiting for your test results • Members of your household are not required to self-isolate and can continue to go to work and go to school if they remain symptom-free	• You should continue to physical distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often, continue to self-monitor and get retested if any sign or symptom develops	• If your test result is positive, York Region Public Health will contact you to complete a case investigation with you and to initiate contact tracing • Members of your household must self-isolate for 14 days. If symptoms develop, they should seek assessment and testing at a COVID-19 Assessment Centre • A public health professional will advise you when you can complete your self-isolation • When your self-isolation is complete you can return to activities (e.g., work), but should continue to physical distance from others, wear a cloth mask when physical distancing is not possible and wash your hands often • Public Health does not require you to get a clearance swab to return to work. You can return to work 10 days after your test was taken unless your employer advises otherwise

More about COVID-19

- Some people can be infected and stay symptom-free. Some can test positive and then develop symptoms
- The majority of COVID-19 cases are 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
- 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 at least 10 days after the onset of symptoms or test if you did not develop symptoms
- 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 York Region Public Health at 1-800-361-5653. Do not delay medical care
- 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

How to get your test results

- If you were tested at a York Region Emergency Department or a COVID-19 Assessment Centre, check your test results online or York Region Public Health will call you **if your results are positive**. Test results will be available in approximately three to five days
- If you were tested by your health care provider or a medical clinic, the attending physician who carried out the test will provide you with results

What does a negative test mean?

- If you test negative for COVID-19, it means you did not have detectable virus 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 be exposed to, test positive for, or become sick with COVID-19 at any time after your test

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

- You can have COVID-19 and have no symptoms or very mild symptoms. When you get tested, if there is virus in the sample, the test is very effective at picking it up. If you have a positive test it is important you self-isolate even if you are feeling okay so that you do not spread the virus to others
- 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 York Region Public Health

Can the test determine if I had COVID-19 in the past (but not now)?

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

If you have any questions or concerns about COVID-19,

please contact your health care provider,

York Region Public Health at 1-800-361-5653 or Telehealth Ontario at 1-866-797-0000