



Instructions for Individuals Tested for COVID-19

In accordance with Section 22 of the Health Protection and Promotion Act:

If you were tested because you had symptoms of COVID 19:

- You **MUST** self-isolate until you receive a negative test result AND your symptoms are improving for at least 24 hours.
- *Even if you begin to feel better before you receive your test result or you have mild symptoms, you **must** remain in self-isolation until you receive your result.*

If you were told by a Peterborough Public Health or another Public Health Unit that you are a close contact of a person with COVID-19:

- You **MUST** self-isolate until you have been cleared by the Public Health Unit (this is generally a FULL 14 days from the day of your last exposure).
- *Even if you test negative, you **must** remain in self-isolation for the full time period.*

If you received a notification on your phone from the COVID Alert App:

- You **MUST** self-isolate until you receive a negative test result.

You **are not** required to self-isolate if you were tested for one of the following reasons and you have no symptoms:

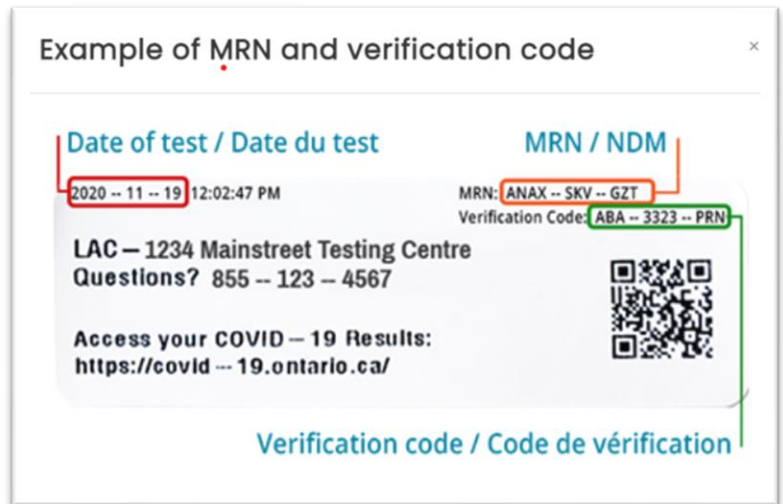
- Required prior to visiting a loved one in long-term care
- Required prior to medical procedure/surgery date
- As part of your job in a long-term care/retirement home
- Required before being admitted to a congregate care setting or other facility
- As part of an outbreak investigation being conducted by Peterborough Public Health
- You were eligible for the asymptomatic testing offered at Shoppers Drug Mart

Self-isolation means to **STAY HOME!** Except to have a COVID-19 test done.

For more information about self-isolation, please visit www.peterboroughpublichealth.ca and type 'self-isolation' into the search box.

How do I get my results?

- Visit covid-19.ontario.ca. Results are usually available in 4-5 days, but may take longer.
 - Use your Ontario Health Card Number to access your results.
 - If you do not have an Ontario Health Card, and you were tested at Northcrest or at the PRHC Assessment Centre, you can use the MRN (medical record number) and verification code given to you at the time of testing.
 - If you do not have an Ontario Health Card and were tested at another location, such as Shoppers Drug Mart, please contact that location directly for your results.
- If you are not able to access your test results online, you can contact your primary health care provider (i.e. your family doctor or nurse practitioner) or contact the place where you were tested.



If your test result is positive, Peterborough Public Health will contact you directly.

Common Questions

What can I do to limit my risk of contracting COVID-19?

Currently, it is recommended for all individuals to stay home whenever possible, maintain 2 metre distances from anyone outside of your household, wear a 3-layered or well-fitted mask, wash hands often, and seek testing if feeling unwell.

See this website to do a self-assessment if you feel unwell: covid-19.ontario.ca/self-assessment

What is the COVID Alert App?

It is a free COVID-19 exposure app that works with Bluetooth technology. It helps break the cycle of infection by letting people know of possible exposure before symptoms appear. You are encouraged to download the app. For more information visit covid-19.ontario.ca/covidalert

For questions or more information about COVID-19
please call 705-743-1000 or visit peterboroughpublichealth.ca/covid19