

# Tested! Now what?

## Follow-up Instructions for Individuals Tested for COVID-19

### Why was I tested?

#### I was tested because I am sick with symptoms of COVID 19

- You **MUST** self-isolate until you receive your result, even if you are feeling better.
- If your test is negative, you may discontinue self-isolation once you are feeling better for at least 24 hours

#### I was tested because Peterborough Public Health informed me that I am a close contact of a person with COVID-19

- You **MUST** self-isolate until you have been cleared by Peterborough Public Health, even if you test result is negative

#### I was tested because I received a notification on the COVID Alert App

- You **MUST** self-isolate until you receive your result
- If your test result is negative and you feel well you may discontinue self-isolation. If you are sick, please stay in self-isolation until you are feeling better for at least 24 hours

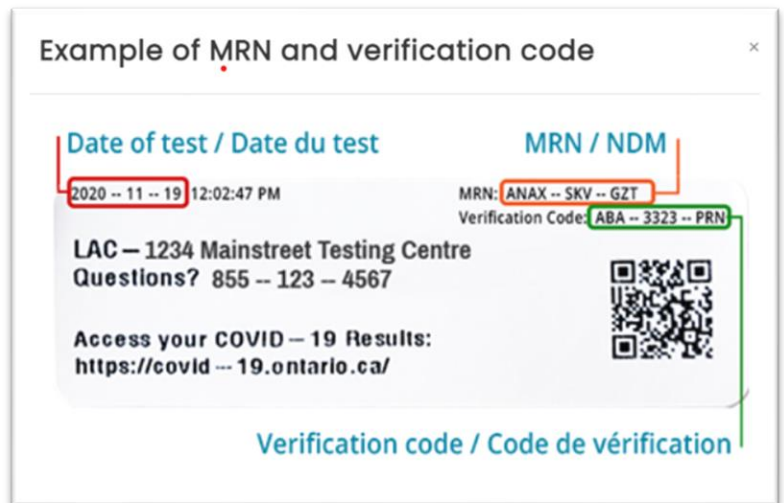
#### I was tested for one of the following reasons:

- I am required to be tested before I can visit my loved one in long-term care
- I am required to be tested before a medical procedure/surgery date
- I am required to be tested routinely as part of my job in long-term care/retirement home
- I am required to be tested before I am admitted to a congregate care setting or other facility
- I am required to be tested as part of an outbreak investigation being conducted by Peterborough Public Health
- I was tested at a local pharmacy because I met the criteria for COVID-19 testing

- ✓ If you were feeling sick with COVID-19 symptoms at the time of your test you **MUST** self-isolate until you receive your results
- ✓ If your test result is negative you may discontinue self-isolation once you are feeling better for at least 24 hours
- ✓ If you felt well at the time of your test, you are not required to self-isolate while awaiting results

## How do I get my results?

- Visit [covid-19.ontario.ca](https://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.



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

All individuals are encouraged to follow public health measures including physical distancing from others not in your household, washing your hands often, following masking requirements, staying home and seeking testing if you become sick.

## Common Questions

### What is a close contact?

Close contact is generally defined as living in the same home or being less than 2 metres away from someone for more than 15 minutes or being in the same classroom or seated close on the same school bus.

### 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 <https://covid-19.ontario.ca/covidalert>.

For questions or more information about COVID please call 705-743-1000 or visit [peterboroughpublichealth.ca/covid19](https://peterboroughpublichealth.ca/covid19).