

TESTED! Now what?

Follow-up Instructions for Individuals Tested for COVID-19

Why was I tested?

I have no symptoms, but I am a close contact of a case.

- If you are fully vaccinated (it has been 14 days since receiving a second COVID-19 vaccination), you must self-monitor for symptoms but are not required to self-isolate while awaiting test results.
- If you are partially vaccinated or NOT vaccinated, you must self-isolate from others for 10 days after you last were exposed to the case even if you test negative.
- After the 10 days you should continue to physical distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often and continue to self-monitor for symptoms and re-test if symptoms develop.

I have symptoms, but I am not a close contact of a case.

- You must self-isolate from others while waiting for your test results regardless of vaccination status.
- If your test is negative, you may stop self-isolating once your symptoms have been improving for at least 24 hours and you are feeling well. You should continue to physically distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often and continue to self-monitor for symptoms and re-test if new symptoms develop.

I have symptoms and I am a close contact of a case

- If you are fully vaccinated (it has been 14 days since receiving a second COVID-19 vaccination), you must self-isolate while awaiting test results. If your test is negative, you are not required to self-isolate once symptoms have been improving for at least 24 hours and you are feeling well.
- If you are partially vaccinated or NOT vaccinated, you must self-isolate from others for 10 days after you last were exposed to the case even if you test negative AND until symptoms have been improving for at least 24 hours and you are feeling well.
- After the 10 days you should continue to physically distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often and continue to self-monitor and re-test if new symptoms develop.

I have no symptoms and I am not a close contact of a case. I was tested because I meet the criteria for asymptomatic testing.

- You are not required to self-isolate while waiting for your test results.
- If your test result is negative you should continue to physically distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often and continue to self-monitor and get re-tested if symptoms develop.

Self-care while isolating

- Stay home except to get medical care.
- Get rest and stay hydrated. Take over-the-counter medication as directed and needed.
- Keep your area well ventilated. If possible open windows and avoid tobacco or other smoke.
- Stay connected with friends and family by phone or computer.
- Refer to [How to Self-Isolate](#) by searching “Public Health Ontario, Guide on How to Self-isolate”.
- For advice for your caregivers, refer to [Self-isolation: Guide for caregivers, household members and close contacts](#) by searching “Public Health Ontario, Guide for Caregivers”.

How do I get my test results?

- Visit covid-19.ontario.ca. Results are usually available in 4-5 days, but may take longer.
- 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) for your results.
- If you have a red and white health card, you will not be able to access your results online. Your primary health care provider may be able to access your results for you. It is important that you visit a Service Ontario Centre and renew your health card as soon as possible.
- If you do not have a primary health care provider or you are from outside of Ontario, you can contact Peterborough Public Health at 705-743-1000 to obtain your results.
- **You will not be contacted if your test result is negative.**
- **Peterborough Public Health will ONLY contact you if your test result is positive. A public health nurse will call you to conduct contact tracing** You can help to contain the spread of the virus by entering the names of anyone you have been in contact with and places you have visited, on the **COVID +** tab on the COVID-19 Test Results page.

What does a negative test mean?

- If you test negative for COVID-19, you did not have detectable virus at the time you were tested. 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?

- Some people can be infected and never have symptoms. Some can test positive and then develop symptoms.
- Whether you have symptoms or not, you are considered infectious if you test positive for COVID-19 and can still pass the virus on to someone else until you have been cleared by a public health nurse.
- It is important to monitor your symptoms of COVID-19. If your symptoms are worsening, and you are concerned, contact Telehealth at 1-866-797-0000 or your health care provider.
- If you need urgent medical attention, for example: *If you feel chest pain, are short of breath, or have difficulty breathing, call 911 and tell them you have tested positive for COVID-19.*

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 the test is collected. Currently, antibody/serology tests are not widely available in Ontario.

For questions or more information, call [705-743-1000](tel:705-743-1000) or visit peterboroughpublichealth.ca/covid19