



# COVID-19 Tested!

## Now what?

Please take the Ontario COVID-19 self-assessment tool, COVID-19 school and child-care screening tool, and/or the COVID-19 Screening Tool for Workplaces for up-to-date instructions on what to do following getting tested. The following represents general guidance and there may be specific instructions for your individual situation. The below recommendations apply to everyone, regardless if you have received one or two doses of vaccine

### **If you have COVID-19 symptoms, are not a contact of a case, and have not travelled outside of Canada:**

- You must self-isolate. Your household members must self-isolate until you receive a negative COVID-19 test result.
- If your test result is negative, you can stop self-isolating 24 hours after symptoms started improving.
- If your test result is positive, self-isolate for 10 days from when your symptoms started or as directed by Region of Waterloo Public Health. All members of your household must also isolate for 14 days from their last exposure to you. Region of Waterloo Public health will provide guidance on their isolation period as well.

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

- Due to your potential exposure to COVID-19, you must self-isolate while awaiting your test result. Your household members must self-isolate until you receive a negative COVID-19 test result.
- If your test result is negative, continue to self-isolate for 14 days from your last contact to a positive case or from your arrival back to Canada. Your household members are required to stay at home during your isolation period except for essential outings, which may include school, work, childcare, medical appointments, groceries and prescription pick-up.
- If your test result is positive, self-isolate for 10 days from when your symptoms started or as directed by Region of Waterloo Public Health. All members of your household must also isolate for 14 days from their last exposure to you. Region of Waterloo Public health will provide guidance on their isolation period as well.

### **If you have no symptoms, but are a contact of a case OR have travelled outside of Canada:**

- Self-isolate for 14 days after your last contact with the positive case or after your arrival back in Canada, even if your test result is negative. If you develop symptoms, get retested as soon as possible.
- All household members are required to stay at home during your isolation period except for essential outings, which may include school, work, childcare, medical appointments, groceries and prescription pick-up.
- If your test result is positive, self-isolate for 10 days from the day you were tested. If you develop symptoms, you may need to self-isolate for longer. Region of Waterloo Public Health will provide guidance on your isolation period. Region of Waterloo Public health will provide guidance on the isolation period of your household contacts as well.

## If you have symptoms, but are not a contact of a case and have not travelled outside of Canada and have received notification of exposure via the COVID-19 alert app:

- Self-isolate while you are waiting for your test results. Your household members must self-isolate until you receive a negative COVID-19 test result.
- If your test is positive, continue to self-isolate for 10 days from when your symptoms started. Public Health will contact you; please be sure you are available to speak with Public Health. All members of your household must also isolate for 14 days from their last exposure to you. Region of Waterloo Public Health will provide guidance on their isolation period as well.
- If your test is negative, you may stop self-isolating 24 hours after symptoms started improving.

## If you have no symptoms, are not a contact of a case, have not travelled outside of Canada, and have received notification of exposure via the COVID alert app:

- Self-isolate while you are waiting for your test results.
- If your test result is positive, self-isolate for 10 days from when you were tested. If you develop symptoms, you may need to self-isolate for longer. Region of Waterloo Public Health will provide guidance on your isolation period. All members of your household must also isolate for 14 days from their last exposure to you. Region of Waterloo Public health will provide guidance on their isolation period as well.
- If your test result is negative, you can discontinue self-isolation. Get retested if you develop symptoms.

## How to get your test results?

- Visit [ontario.ca/COVID19](https://ontario.ca/COVID19) and click "Check your lab results."
- Your results may be available through other laboratory online portals which you may already be subscribed to.
- A test result will usually be available in **three to four days. If you have not received your test results seven days after being tested, you may contact your health-care provider.**
- If your test is positive, Region of Waterloo Public Health will contact you.
- A Public Health nurse will call you to advise you when you can stop self-isolation.

## What does a negative test mean?

- 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, physical distance 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 do not have symptoms?

- The test is very effective at detecting any virus. It could represent a new infection, but even if a person with COVID-19 has fully recovered and is no longer contagious, they may still test positive.
- Persons who have previously tested positive and been cleared from their infection, should not get another test unless new or worsening symptoms emerge and/or directed by Public Health.
- You should self-isolate and monitor for symptoms as directed by Region of Waterloo Public Health, who will provide further direction.

## Self-care while isolating

- Stay home except to get medical care.
- Get rest and stay hydrated.
- Keep your area well ventilated. If possible open windows and avoid tobacco or other smoke. For support to quit/reduce smoking, talk to your health-care provider and refer to "Ways to quit smoking" at [regionofwaterloo.ca/smoking](https://regionofwaterloo.ca/smoking)
- Stay connected with friends and family by phone or computer.
- For more resources and information on:
  - How to self-isolate and manage stress visit [regionofwaterloo.ca/COVID19](https://regionofwaterloo.ca/COVID19)

- Community supports visit [regionofwaterloo.ca/COVID19communitysupport](https://regionofwaterloo.ca/COVID19communitysupport)

## 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 will be 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 asymptomatic or ill, you are considered infectious and can still pass the virus on to someone else until a Public Health nurse has cleared you.
- It is important to monitor your symptoms. If your symptoms are worsening, and you are concerned, contact your health-care provider or Telehealth at 1-866-797-0000.
- If you need urgent medical attention, for example, if you have: severe difficulty breathing, severe chest pain, confusion, or loss of consciousness, 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.
- **COVID-19 positive?** We will help you monitor your symptoms while you recover at home.
- Register if COVID-19 positive by calling the Ontario Health West COVID-19 Remote Patient Monitoring Team at 1-888-444-8805. **For more information you can also visit:**  
[healthcareathome.ca/southwest/en/covidrpm](https://healthcareathome.ca/southwest/en/covidrpm)