# 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 being 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 1 or 2 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 COVID-19 symptoms started improving
- If your test result is positive, self-isolate for 10 days from when your COVID-19 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 COVID-19 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 COVID-19 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 COVID-19 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 COVID-19 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 no COVID-19 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 COVID-19 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 COVID-19 symptoms.

**If you have COVID-19 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 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 COVID-19 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 COVID-19 symptoms started improving.

### How to get your test results?

- Visit ontario.ca/COVID19 and click "Check your lab results".
- Your results may be available through other laboratory online portals which you may already subscribe
- A test result will usually be available in **3-4 days. If you have not received your test results 7 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 COVID-19 symptoms of COVID-19.

### What does a positive test mean if you do not have COVID-19 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 COVID-19 symptoms emerge and/or directed by Public Health.
- You should self-isolate and monitor for COVID-19 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
- 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
    - Community supports visit regionofwaterloo.ca/COVID19communitysupport

### More about COVID-19

- Some people can be infected and stay symptom-free. Some can test positive and then develop COVID-19 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 COVID-19 symptoms. If your COVID-19 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 COVID-19 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
- Region of Waterloo Public Health has a **Safe Voluntary Isolation Site** to support individuals who are unable to isolate safely at home. The isolation site is a safe place for you to stay to reduce the spread of COVID-19 within your home and in the community. There are no costs to you to stay at the isolation site. Meals are included and you will have access to a number of amenities and services to help you feel comfortable and supported. If you care for a child or loved one, they can isolate with you. If you need a space to isolate, consider applying for the isolation site. For more information, visit www.regionofwaterloo.ca/IsolationSite, email safeisolation@regionofwaterloo.ca, or call 226-753-3089.