Follow-up Instructions for Individuals Tested for COVID-19

Why was I tested?

I am a health care worker
- The guidance below does not apply to health care workers. Refer to COVID-19 Quick Reference Public Health Guidance on Testing and Clearance and follow up with your Occupational Health and Safety Department, if applicable.

I work in or attend a school (JK – grade 12) or have children that attend school
- If you work in or attend a school or have a child in school, please see further guidance in the Follow up Instructions for School Students, Staff and Visitors Tested for COVID-19.

Follow-Up Instructions

<table>
<thead>
<tr>
<th>I have symptoms</th>
<th>I am a close contact of a COVID-19 case OR I have travelled outside Canada in the past 14 days</th>
<th>I am NOT a close contact of a COVID-19 case AND I have NOT travelled outside Canada in the past 14 days</th>
</tr>
</thead>
</table>
| I have symptoms | • Self-isolate while waiting for your test results.  
|                 | • If your test is negative, self-isolate for 14 days from the last day you had contact with the case or from the day you arrived back in Ontario.  
|                 | • If you had a negative test that was done before day 7 of your self-isolation, repeat the test on or after day 10 of your self-isolation period.  
|                 | • If your test is positive, you must stay home and self-isolate for 10 days* after your symptoms started. After 10 days* you can stop self-isolating if you do not have a fever and your symptoms are improving for at least 24 hours. | • Self-isolate while waiting for your test results.  
|                 | • If your test is positive, self-isolate for 10 days* after your symptoms started. After 10 days* you can stop self-isolating if you don't have a fever and your symptoms are improving for at least 24 hours.  
|                 | • If your test is negative, you may stop self-isolating if you no longer have a fever and your symptoms are improving for at least 24 hours.  
<p>|                 | • Household members should also self-isolate while you are waiting for your test results. If you test positive, they must also self-isolate for 14 days from their last contact with you and be tested at an Assessment Centre on or after day 10 of their self-isolation. |</p>
<table>
<thead>
<tr>
<th>I am a close contact of a COVID-19 case OR I have travelled outside Canada in the past 14 days</th>
<th>I am NOT a close contact of a COVID-19 case AND I have NOT travelled outside Canada in the past 14 days</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>I have symptoms (con’t)</strong></td>
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<tr>
<td>• Household members should also self-isolate while you are waiting for your test results. If you test positive, they must continue to self-isolate for 14 days from their last contact with you and be tested at an Assessment Centre on or after day 10 of their self-isolation.</td>
<td></td>
</tr>
</tbody>
</table>
| **I don’t have symptoms** | • You are NOT required to self-isolate while waiting for your test results.  
• If your test is positive, self-isolate for 10 days* after the day of your test.  
• Household members may go to work if they do not have symptoms. If you test positive, they must also self-isolate for 14 days from their last contact with you and be tested at an Assessment Centre on or after day 10 of their self-isolation. |
| • **Self-isolate** for 14 days from the last day you had contact with the case or from the day you arrived back in Ontario, even if your test result is negative, as this is how long it can take for symptoms to appear.  
• If you are a close contact of a case of COVID-19 and had a negative test that was done before day 7 of your self-isolation, repeat the test on or after day 10 of your self-isolation period.  
• If you only received an exposure notification through the COVID Alert app, you are not required to self-isolate if your test result is negative.  
• Household members should stay home except for essential reasons while you are self-isolating. If you test positive, they must also self-isolate for 14 days from their last contact with you and be tested at an Assessment Centre on or after day 10 of their self-isolation. |
* Self-isolate for 20 days if you were hospitalized and required ICU level care or have a severely weakened immune system (e.g. you are undergoing cancer chemotherapy). Self-isolate for 14 days if you have tested positive for COVID-19 upon returning from abroad.

**NOTE:** For all above scenarios, when you finish self-isolating, continue to physically distance from others, clean your hands often, self-monitor, and get re-tested if you develop one of more COVID-19 symptoms. Also wear a mask or face covering in all indoor public spaces (as per City of Toronto by-law and O. Reg 364) and when physical distancing is not possible.

**Testing after travelling abroad**

Travellers from abroad must be tested for COVID-19 on or after day 10 of their mandatory quarantine period using an At Home Specimen Collection Kit. Further information about returning to Canada from abroad can be found on the Government of Canada website.

**How to get your test results**

- **Access COVID-19 tests results online:**
  - In order to get your results on this site, you will need either the Ontario health card you used to get your test, OR a label with a MRN and verification code.
  - Follow the prompts
  - Note: Not all laboratories report results through this website.
- If you cannot access test results through this site, please contact the testing location, your doctor or health care provider.
- Toronto residents who have trouble getting their results may contact Toronto Public Health (TPH) at 416-338-7600.
- If your test result is positive, the assessment centre and/or TPH will contact you to let you know when you can stop self-isolating. If there is a discrepancy between the isolation dates provided by the assessment centre and TPH, you must follow TPH directions, as per the Section 22 Class Order.

**What does a negative COVID-19 test mean?**

- A negative COVID-19 test means you probably were not infected at the time your sample was collected.
- It does not mean that you will not be exposed to, test positive for, or become sick with COVID-19 in the future.
- Continue to take steps to protect yourself and others from getting infected with COVID-19.
- If you continue to have symptoms, keep monitoring them and stay at home. If they continue, call your doctor or an assessment centre about getting tested again.
What does a positive test mean?

- A positive COVID-19 test means you are most likely infected now and could infect others.
- You should self-isolate and monitor for symptoms when you have tested positive, even if you don’t have symptoms.

Can the test tell me if I had COVID-19 in the past (but not now)?

- No, the test only determines if you have COVID-19 at the time the test is conducted.
- Testing someone’s blood to see if they have antibodies for COVID-19 can tell if a person previously had COVID-19 however, in Ontario, this test is only done in very limited clinical situations.

More Information

For more information, visit our website at: www.toronto.ca/COVID19 or call us at 416-338-7600.