Follow-up Instructions for Individuals Tested for COVID-19

I am a health care worker:

- The guidance below does not apply to health care workers. Refer to the Ministry of Health's [COVID-19 Quick Reference Public Health Guidance on Testing and Clearance](https://www.toronto.ca) and follow up with your Occupational Health and Safety Department, if applicable.

I am not a health care worker:

I have not been exposed to someone who has tested positive for COVID-19 but I have COVID-19 symptoms:

Regardless of your vaccination status or if you previously tested positive for COVID-19, you must follow these recommendations:

- **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 (48 hours for gastrointestinal symptoms like vomiting or diarrhea).
- 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, or after 10 days following mild symptom onset without worsening, whichever is sooner.
- Seek out medical attention if your condition worsens or you develop any worrisome features (e.g. shortness of breath, chest pain).
- Household members who are fully vaccinated or previously positive do not need to self-isolate. If household members are not fully vaccinated they should self-isolate until you get a negative test. If you test positive, they must self-isolate for 10 days from their last contact with you and be tested at an [Assessment Centre](https://www.toronto.ca) right away and again on or after day 7.

* Self-isolate for 20 days from symptom onset (or 20 days from positive test collection date if you do not have symptoms and are severely immunocompromised) if you had severe illness requiring ICU level of care or have a severely weakened immune system (e.g. on cancer chemotherapy).

I have been exposed to someone who tested positive for COVID-19

Refer to the Ministry of Health's [flow chart for people who have been exposed to someone who has tested positive for COVID-19](https://www.toronto.ca) (also attached).
I was tested due to an upcoming surgery/medical procedure (I do not have symptoms and was not exposed to a person who tested positive for COVID-19)

- You are not required to self-isolate while waiting for your test results.
- Please contact the physician responsible for your upcoming surgery/medical procedure for more comprehensive guidance.

Testing After Travelling Abroad

Travellers entering Canada, regardless of citizenship, must follow testing and quarantine requirements to keep everyone safe. COVID-19 testing may be required pre-entry, upon arrival, and on day 8 following entry. Beginning July 5, 2021, there are some exemptions for eligible fully vaccinated travellers. Further information about returning to Canada from abroad can be found on the Government of Canada website: COVID-19 travel, testing, quarantine and borders.

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.

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 medical record number (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.
- You will not be contacted if your test result is negative.

Do I need to have a negative follow-up test before I return to work?

- You do not require a negative COVID-19 test result to return to work. You may return to work when your period of self-isolation ends, providing you do not have a fever and your symptoms have been improving for 24 hours (or 48 hours if you have gastrointestinal symptoms). In addition, you will need to pass the COVID-19 screening questionnaire to enter your workplace.
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 or worsen, 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.

Definitions

**Fully immunized person** – A person is defined as fully immunized 14 or more days after receiving their second dose of a two-dose COVID-19 vaccine series of their first dose of a one-dose COVID-19 vaccine series that is listed for emergency use by World Health Organization or approved by Health Canada.

**Previously positive person** – A person is defined as previously positive if they were a confirmed case of COVID-19 where their initial positive result was 90 days ago or less AND they have been cleared from their initial infection.

**Exposure** – in general, this includes household, prolonged (>15 minutes cumulative) or close (<2 meters) contact, as well as other potentially high risk contacts.

**For more information:** visit our website at: [www.toronto.ca/COVID19](http://www.toronto.ca/COVID19) or call us at 416-338-7600.
You’ve been exposed to someone who has tested positive for COVID-19, now what?

Are you fully immunized (e.g. it has been 14 or more days since your final dose)?

- No
  - You should self-isolate and get tested right away. If your test is negative you are recommended to re-test on or after day 7.
  - You are required to self-isolate for 10 days following your last exposure even if you test negative.

- Yes
  - Do you have any symptoms of COVID-19?
    - Yes
      - Your symptoms must be improving for at least 24 hours (48 hours for gastrointestinal symptoms) prior to ending self-isolation.
    - No
      - What your household members should do:
        - If they are fully immunized they don’t need to self-isolate.
        - If they are not fully immunized they should stay at home except for essential reasons (i.e. work, school) during your isolation period.

Do you have any symptoms of COVID-19?

- Yes
  - You should self-isolate and get tested right away.
  - If your test is positive you must self-isolate for 10 days.
  - If your test is negative you can discontinue self-isolation once symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms).

- No
  - You are likely* not required to self-isolate but you should get tested.**
  - For the next 10 days you should self-monitor, follow public health measures like wearing a mask outside of your house, and self-isolate and get tested if you develop any symptom.

What your household members should do:

- If they are fully immunized they don’t need to self-isolate.
- If they are not fully immunized they should stay at home except for essential reasons (i.e. work, school) during your isolation period.

What should your household members do?

- If they are fully immunized they don’t need to self-isolate.
- If they are not fully immunized they should self-isolate until you get a negative test result.

Your local public health unit will contact you shortly with more instructions.

*Self-isolation still may be required at the discretion of the local public health unit. Refer to the COVID-19 Fully Immunized and Previously Positive Individuals: Case, Contact and Outbreak Management Interim Guidance for individuals with immunocompromise and residents of high risk congregate living settings / inpatients. **Refer to Provincial Testing Guidance.