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 Provincial Testing and Clearance Guidance and follow up with your employer/workplace Occupational Health and Safety department, if applicable.

I am not a health care worker:

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

- Self-isolate while waiting for your test results.
- If your test is positive, self-isolate for 10 days** from the day your symptoms started. After 10 days, you can stop self-isolating if you don't have a fever and symptoms improve for at least 24 hours.
- If your test is negative, you may stop self-isolating if you do not have a fever and your symptoms are improving for at least 24 hours (48 hours for gastrointestinal symptoms like vomiting or diarrhea). You may also stop self-isolating if 10 days have passed since the start of your symptoms without worsening.
- Seek out medical attention if your symptoms get worse (e.g. difficulty breathing, chest pain).
- People you live with (household members) who do not have symptoms and are fully vaccinated or who previously tested positive in the last 90 days do not need to self-isolate. Those who are not fully vaccinated should self-isolate until you get a negative test. If you test positive, household members must self-isolate for 10 days from their last contact with you and they should be tested at an Assessment Centre right away and again on or after day 7.

Follow these recommendations regardless of your vaccination status or if you previously tested positive for COVID-19.

 **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 or if you have questions, call your health care provider or Toronto Public Health (TPH) at 416-338-7600.

I was tested due to an upcoming surgery/medical procedure (I 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 information on what to do next.

Testing After Travelling Abroad

Travelers entering Canada, regardless of citizenship, must follow testing and quarantine requirements to keep everyone safe. COVID-19 testing may be required before departure, upon arrival, and following arrival. 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 or more COVID-19 symptoms . 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:
  - o To get your test results on this website, 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.
  - o Follow the instructions on the website
  - o Note: Not all laboratories report results through this website.
- If you cannot access test results through this site, please contact the testing location or your health care provider.
- Toronto residents who have trouble getting their results may contact 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 difference 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.

If I test positive, do I need to have a negative follow-up test before I return to work?

- You do not require a negative follow-up COVID-19 test result to return to work. You may return to work when your period of self-isolation ends, as long as you do not have a fever and your symptoms have been improving for 24 hours. You will need to pass the COVID-19 screening questionnaire to enter your workplace.

Updated December 13, 2021

What does a negative COVID-19 test mean?

- A negative COVID-19 test means you probably were not infected at the time your test 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 (get vaccinated, wear a mask, practise physical distancing, clean your hands, stay home if sick)
- If you continue to have symptoms, or if your symptoms get worse, call your health care provider 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 must self-isolate and monitor for symptoms when you have tested positive, even if you don't have symptoms and even if you are fully vaccinated.

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 collected.
- 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 – In Ontario, you are considered fully vaccinated if you have received:

- The full series of a COVID-19 vaccine [authorized by Health Canada](), or any combination of such vaccines
- One or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada, or
- Three doses of a COVID-19 vaccine not authorized by Health Canada.

In all scenarios, you must have received your final dose of the COVID-19 vaccine at least 14 days ago.

Previously positive person – A person is defined as previously positive if they were a confirmed case of COVID-19 where their initial positive test result was completed in Canada 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 or call us at 416-338-7600.