

Follow-up Instructions for Individuals Tested for COVID-19

Why was I tested?

I don't have symptoms, but I am a close contact of a case of COVID-19 OR I have travelled outside of Canada in the past 14 days

- You must [self-isolate](#) from others for 14 days after you last had contact with the case or arrived back in Ontario, even if your test result is negative.
- After the 14 days, you should continue to [physical distance](#) from others, clean your hands often, continue to [self-monitor](#), and get re-tested if you develop one of more [symptoms](#) of COVID-19. In addition, wear a [non-medical mask or face covering](#) in all indoor public spaces (required as per City of Toronto [by-law](#)) and when physical distancing is not possible.

I have symptoms, but I am NOT a close contact of a case, and I have NOT travelled outside of Canada in the past 14 days

- You must self-isolate away from others while waiting for your test results.
- If your test is positive, self-isolate from others for 14 days from the first day your symptoms started.
- If your test is negative, you may stop self-isolating after you are symptom-free for 24 hours.
- You should continue to physical distance from others, clean your hands often, continue to self-monitor, and get re-tested if you develop one of more symptoms of COVID-19. In addition, wear a non-medical mask or face covering in all indoor public spaces (required as per City of Toronto by-law) and when physical distancing is not possible.

I have symptoms of COVID-19 and I am a close contact of a case OR I have travelled outside of Canada in the past 14 days

- You must self-isolate from others for 14 days from the first day your symptoms started, even if your test result is negative.
- After the 14 days, you should continue to physical distance from others, clean your hands often, continue to self-monitor, and get re-tested if you develop one of more symptoms of COVID-19. In addition, wear a non-medical mask or face covering in all indoor public spaces (required as per City of Toronto by-law) and when physical distancing is not possible.

I don't have symptoms, I am NOT a close contact of a case, and I have NOT travelled outside of Canada in the past 14 days

- You are NOT required to self-isolate while waiting for your test results.
- If your test is positive, self-isolate from others for 14 days after your test was performed.
- If your test result is negative you should continue to physical distance from others, clean your hands often, continue to self-monitor, and get re-tested if you develop one of more symptoms of COVID-19. In addition, wear a non-medical mask or face covering in all indoor public spaces (required as per City of Toronto by-law) and when physical distancing is not possible.

How to get your test results

- Visit <https://covid-19.ontario.ca/> and click on "check your lab results."
- Toronto residents who have trouble getting their results, or who do not have internet access, may contact Toronto Public Health (TPH) at 416-338-7600.
- Individuals without a health card must follow up with the assessment centre or testing physician directly.
- If your test result is positive, TPH will contact you to conduct contact tracing and advise you on when you can complete your period of self-isolation.

What does "close contact of a case" mean?

- A close contact of a case is someone who, in the last 14 days, has been in close physical contact with someone who has tested positive for or has symptoms of COVID-19.
- Close physical contact includes:
 - being less than two metres/six feet away in the same room, workspace, or area for over 15 minutes
 - living in the same home
 - if you are a health care worker, providing care to the individual without consistently wearing the appropriate personal protective equipment.

What does a negative test mean?

- If you test negative for COVID-19, it means that you did not have detectable virus at the time your sample was collected.
- A negative test does not mean that you will not get sick. It also does not mean that you will not be exposed to, test positive for, or become sick with COVID-19 at any time in the future.

What does a positive test mean if I don't have symptoms?

- When there is virus in the sample, the test is very effective at picking it up.
- Even if a person with COVID-19 has fully recovered and is no longer contagious, they may still test positive.
- The research on COVID-19 is still evolving.
- The significance of a positive test if you have never had symptoms is still unknown.
- You should self-isolate and monitor for symptoms when you have tested positive, even if you don't have symptoms.

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

- No, the swab test is not an antibody/serology test. The swab test only determines if you have COVID-19 at the time the test is conducted.
- Currently, antibody/serology tests are not available to the general public in Ontario.

More information

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