Durham Region Health Department

Facts about...

Instructions for individuals tested for COVID-19

Instructions while waiting for results:

Reason for Testing:	While waiting for your test result:	If your test is negative:
Household contact of a person who has tested positive for COVID-19 (case) regardless of your vaccination status.	You must self-isolate from others while waiting for your test result.	You must continue to self-isolate for 10 days after your last exposure to the case.
High risk contact of a known case and: • **You have COVID-19 symptoms, or** • **You are not fully vaccinated, or** • **You are immunocompromised, or** • **You were exposed in a high-risk setting (e.g. hospital, acute care, congregate living, school, childcare or camp)**	You must self-isolate from others while waiting for your test result.	You must continue to self-isolate for 10 days after your last exposure to the case.
Symptoms, no contact with a known case	You must self-isolate from others while waiting for your test result.	You may stop self-isolating if you receive a negative test result and you are fever free and symptoms are resolving for 24 hours, or 48 hours for gastrointestinal symptoms (nausea, vomiting/diarrhea).
High risk contact of a known case and: • **You are not a household contact; and** • **You do not have any COVID-19 symptoms, and** • **You are fully vaccinated, and** • **You are not immunocompromised**	You are **not** required to self-isolate.	Continue to self-monitor for COVID-19 symptoms daily for 10 days and get re-tested if you develop symptoms.

Reason for Testing:	While waiting for your test result:	If your test is negative:
To identify additional cases of COVID-19 associated with an outbreak: You have no symptoms. Results are used to detect outbreaks and monitor spread in priority populations in workplaces and community settings.	You are **not** required to self-isolate while waiting for your test result.	Continue to self-monitor and get re-tested if you develop symptoms.
No symptoms, no known exposure: You are part of the Ministry of Health targeted testing (e.g. some visitors to long-term care homes, indigenous communities, international students, priority communities).	You are **not** required to self-isolate while waiting for your test result, regardless of your vaccination status.	Continue to self-monitor and get re-tested if you develop symptoms.

What does "fully vaccinated" mean?

You are fully vaccinated when you have completed your full COVID-19 vaccine series (or any combination of vaccines) authorized by Health Canada; one or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of an mRNA vaccine authorized by Health Canada; or three doses of a COVID-19 vaccine not authorized by Health Canada and received a final dose of the COVID-19 vaccine a least 14 days ago.

What are the symptoms?

COVID-19 symptoms include fever (temperature of 37.8 degrees Celsius or greater), chills, new or worsening cough, shortness of breath, changes to taste or smell. Children under 18 may also experience nausea, vomiting, and/or diarrhea. Adults over 18 may experience symptoms of fatigue (generally feeling unwell or tired), or muscle aches and pain. Other symptoms may include sore throat, runny nose, stuffy nose, abdominal pain, headache, pink eye or decreased appetite.

What should I do if my symptoms get worse?

If your symptoms persist or worsen, and an initial COVID-19 test is negative, you should complete the online assessment form (covidswab.lh.ca) for another assessment to determine the need for another test. If you have worsening symptoms (such as difficulty breathing, chest pain) call 911 or go to your local emergency department.

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How do I get my test result?

Your results can take up to 3 days to be available on the Ontario.ca website

- If your COVID-19 test result is positive, you are required to self-isolate and will receive a call or text from Public Health. You will be required to provide information to your high-risk contacts.

- **If you have a green photo health card:** go online to the Ontario government COVID-19 test results website (https://covid-19.ontario.ca/index.html). It may take up to **3 days** for results to be posted on the website.

- **If you were tested at a COVID Assessment Centre** and have been unable to access your results online, call the COVID Assessment results line or contact your Primary Care Provider at least 3 days after you have been tested (COVID Assessment results line 905-721-4842).

  Provide the following in your voice mail:
  - Full Name
  - Health Card Number
  - Date of Test
  - Phone Number

For information about COVID-19 visit durham.ca/novelcoronavirus.

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