

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 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](#) for 14 days after you last had contact with the case or arrived back in Ontario, even if your test result is negative.

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 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.

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

- If your test is negative, you must self-isolate for 14 days after you last had contact with the case or arrived back in Ontario.
- 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.

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 for 10 days* after your test was performed.

NOTE: For all of the above scenarios, when you finish self-isolating, you should continue to [physical 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.

* 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).

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 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.
- If your test result is positive, TPH will contact you to let you know when you can stop isolating.

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 test only determines if you have COVID-19 at the time the test is conducted.
- Tests to determine if someone had COVID-19 in the past are not available in Ontario.

More information

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