COVID-19 Testing: What you should know

What to do while you’re waiting for your test appointment AND your test result

A. Symptoms or exposure* to COVID-19 as the reason for your test?

You should be self-isolating while you wait for your test and results, even if your symptoms go away before you get your test or while you are waiting for your results. See instructions for self-isolating on the next page, including the requirements for close contacts (e.g. household members).

B. No symptoms and no exposure* to COVID-19?

Both you and your close contacts (e.g. household members) do not need to self-isolate and should continue to follow the general COVID-19 infection prevention and control measures on the second page.

*Exposure: International travel, contact with a confirmed case of COVID-19, worked/attended a facility that has declared an outbreak of COVID-19 in the past 14 days.

Parents and caregivers

Visit TBDHU.com/illchild for more information on what to do when your child has symptoms and when they can return to school or child care.

How to check your test results online

Visit TBDHU.com/testinginfo and click the link for “Ontario’s COVID-19 Test Results Viewer” in the top box. It may take up to 5 days to get your results. If your results are negative, you will not be contacted.

Once you get your test results back

1. If your result is negative and you:
   a. Had an exposure* to COVID-19 ➔ Continue to self-isolate for 14 days from your last exposure, regardless of the results.
   b. Have not had an exposure* and have had symptoms of COVID-19 ➔ Continue to self-isolate until 24 hours after your symptoms are gone.
   c. Have not had an exposure* and have not had symptoms of COVID-19 ➔ Continue to follow all general COVID-19 prevention and control measures.

2. If your result is positive:

TBDHU will contact you if you test positive for COVID-19. TBDHU will provide guidance about self-isolation for yourself and your close contacts, and will advise about when it is okay to come out of self-isolation.

Help to contain the spread of the virus by entering the names of anyone you have been in contact with and the places you have visited on the results webpage. Look for the CONTACT+ tab and follow the instructions. When you receive your COVID-19 Alert key code, enter it into the COVID-Alert app on your mobile device.
**Symptoms after testing**

- **If you develop new symptoms or if your symptoms get worse**, immediately contact your health care provider or the closest COVID-19 assessment centre and follow their instructions. If your symptoms are worsening to a point where you can’t manage, go to your nearest emergency department (ER) and/or call 911.

- **If your symptoms are not improving after the 14 day self-isolation period**, continue to self-isolate and follow up with your health care provider.

**Instructions for Self-Isolating**

- **Stay inside your home**. Do not exit your house for any reason, except to get medical attention.
- If you seek medical attention, always keep 2 metres from others and use a mask or face covering.
- You should not self-isolate in a place where there are people at higher risk, including people who have a medical condition, compromised immune systems, or who are 70 years of age or older.
- While inside, keep away from others as much as possible, including children. Use a mask or face covering if you can’t maintain 2 metres. Clean and disinfect commonly touched surfaces frequently (at least twice daily).
- If you live in an apartment or condo, do not go into any communal or shared areas, such as hallways, gyms, public washrooms, elevators, stairwells, laundry rooms, etc.
- If you need groceries, medication or other essential items, find someone who is not self-isolating to help. Have items left at your door. If you can’t find someone to do this, call 211 or visit www.211north.ca.

- **Close contacts** (e.g. household members) of someone who is self-isolating with symptoms:
  - **Self-isolate** if the person being tested had an exposure (international travel, contact with a confirmed case of COVID-19, worked/attended a facility under an outbreak of COVID-19 in the past 14 days).
  - **Self-monitor** if the person being tested did not have an exposure.
  - If a close contact develops symptoms, they should self-isolate immediately and seek testing.
  - Close contacts can discontinue self-isolating OR self-monitoring if the COVID-19 test for the person with symptoms is negative.

**General COVID-19 Prevention and Control Measures**

- **Stay home** when you’re feeling sick.
- Practice **physical distancing** with people outside of your household/social circle.
- Use a **mask or face covering** when needed.
- **Clean your hands**; use hand sanitizer if soap and water aren’t available.
- **Cover coughs and sneezes** with a tissue or your elbow.
- **Clean frequently touched surfaces** with disinfectant.
- **Get your flu shot**.

**Mental Health and Wellbeing**

Your mental health matters! If you are experiencing mental health concerns during COVID-19, visit TBDHU.com/mentalhealth for information on credible resources that can help.

If you need help right now, call a 24/7 crisis line. Operators can provide support and figure out next steps. Call the regional crisis line at 807-346-8282 (Thunder Bay) or 1-888-269-3100 (outside Thunder Bay).