

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 (e.g. you are being tested as part of a targeted provincial testing campaign; this includes a long-term care visit)? 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: Travel outside of Northwestern Ontario (this still includes international travel) OR contact with a confirmed case of COVID-19 OR you have been identified as a high risk exposure by TBDHU

Parents and caregivers

Visit [TBDHU.com/illchild](https://www.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](https://www.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** → You can stop self-isolating if it has been at least 24 hours since your symptoms started improving and you do not have a fever without using medication (e.g. you aren't taking any medication to stop a fever).
- 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.

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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 can't manage, go to your nearest emergency department (ER) and/or call 911.
- **If you have not had an exposure* and have had symptoms of COVID-19 and your symptoms are not improving after the 10 day self-isolation period** continue to self-isolate and follow up with your health care provider
- **If you had an exposure* to COVID-19 and your symptoms are not improving after the 14 day self-isolation period** continue to self-isolate and follow up with your health care provider.

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Instructions for Self-Isolating

- **Stay inside your home.** Do not leave your house for any reason, except to get medical attention.
 - You can use only private outdoor spaces (i.e. balcon, backyard). Do NOT use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.
- 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/ 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 need help with this, call 211 or **visit www.211north.ca**.
- **Close contacts** (e.g. household members) of someone who is **self-isolating with symptoms**:
 - **Self-monitor** if the person being tested did not have an exposure.
 - **Self-isolate** if the person being tested had an exposure (*Exposure: Travel outside of Northwestern Ontario (this still includes international travel) OR contact with a confirmed case of COVID-19 OR you have been identified as a high risk exposure by TBDHU).
 - If a close contact develops symptoms, they should self-isolate immediately and seek testing.
 - Close contacts can discontinue self-monitoring OR self-isolating 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.** Learn more at www.thunderbayflu.ca

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).

For more information visit TBDHU.com/coronavirus or call TBDHU at (807) 625-5900 or Toll-Free at 1 (888) 294-6630