

After Your COVID-19 Test

Check your test results online by visiting TBDHU.com/testinginfo and click the link to “Ontario’s COVID-19 Test Results Viewer” in the top box. It may take a few days to get your results. If your results are negative, you will not be contacted.

If you have a positive test result

1. You are a staff member, volunteer, resident, inpatient, essential care provider, or visitor in a hospital or congregate living setting*
 - a. You **must notify your employer**
 - b. **If fully vaccinated, you must isolate for 5 days from your exposure or symptom onset, or from your date of diagnosis and remain off work for 10 days.**
 - c. In times of critical staff shortages, you may have the opportunity to return to work early on day seven of your isolation with a negative PCR test, or two negative rapid antigen tests on day six and seven. Please follow the directions of your employer.
2. You are fully vaccinated and otherwise healthy, or are under 12 years old
 - a. You must isolate for 5 days from when your symptoms began or from the date of your test, whichever came first.
 - b. You can end isolation after 5 days if your symptoms are improved for at least 24 hours (48 hours if symptoms are gastrointestinal), and all public health and safety measures, such as masking and physical distancing, are followed.
3. You are NOT fully vaccinated or are immunocompromised.
 - a. You must isolate for 10 days after your symptoms began or 10 days from your positive test result, whichever came first

*Congregate living settings include long-term care, retirement homes, First Nation elder care lodges, group homes, shelters, hospices, temporary foreign worker settings and correctional institutions

Guidance for Your Household contacts

Everyone in your household (e.g. those you live with) **MUST** isolate for the same amount of time as you are isolating, regardless of their vaccination status (e.g. it doesn’t matter if they are fully vaccinated).

Guidance for those you may have been in contact with, but don’t live with

If these individuals are fully vaccinated, have no symptoms and are otherwise healthy OR are under 12 years of age they must:

- [self-monitor](#) for symptoms for 10 days
- wear a mask, practice physical distancing, and follow all other public health measures if leaving home
- do not visit any high-risk settings or people who may be at higher risk of illness (such as seniors) for 10 days after their last exposure to you

If these other contacts are not fully vaccinated or are immunocompromised they must:

- isolate for 10 days after their last exposure to you, regardless of whether they have any symptoms

For More Information on isolation or advising your close contacts, visit <http://ontario.ca/exposed>

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