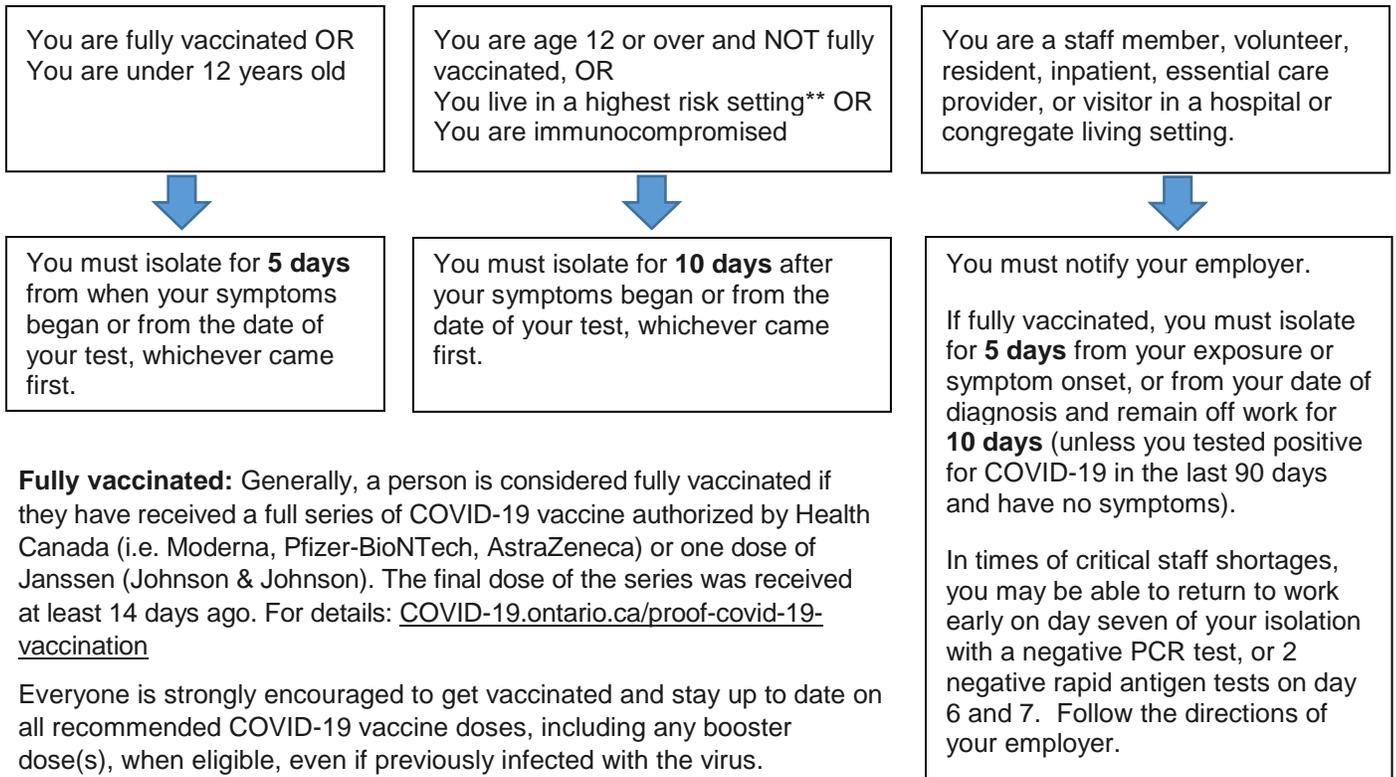


After Your COVID-19 Test

Check your test results online. Visit [TBDHU.com/testinginfo](https://www.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 the results. If they are negative, you will not be contacted.

If You Have a Positive Test Result



Fully vaccinated: Generally, a person is considered fully vaccinated if they have received a full series of COVID-19 vaccine authorized by Health Canada (i.e. Moderna, Pfizer-BioNTech, AstraZeneca) or one dose of Janssen (Johnson & Johnson). The final dose of the series was received at least 14 days ago. For details: [COVID-19.ontario.ca/proof-covid-19-vaccination](https://www.covid-19.ontario.ca/proof-covid-19-vaccination)

Everyone is strongly encouraged to get vaccinated and stay up to date on all recommended COVID-19 vaccine doses, including any booster dose(s), when eligible, even if previously infected with the virus.

Congregate living settings: long-term care, retirement home, First Nation elder care lodge, group home, shelter, hospice, temporary foreign worker setting, or correctional institution

Highest risk settings: hospitals and health care settings (including complex continuing care facilities and acute care facilities), congregate living settings, hospital schools, and home and community care settings

Immunocompromised includes cancer chemotherapy, untreated HIV infection with CD4 T lymphocyte count <200, combined primary immunodeficiency disorder, taking prednisone >20 mg/day (or equivalent) for more than 14 days and taking other immune suppressive medications. Factors such as advanced age, diabetes, and end-stage renal disease are generally not considered severe immune compromise impacting non-test based clearance.

Treatment

- Most people with COVID-19 are able to manage their symptoms at home. However, treatment options are available to those who are at highest risk of getting seriously ill from the virus.
- Treatment must be given early to prevent serious illness and hospitalization. Contact your health care provider or local COVID-19 clinical assessment centre for further information about accessing treatment. **Do not wait for worsening symptoms to seek help.**
- **If you are experiencing any of the following symptoms, call 911 immediately or go to the nearest emergency department:**
 - Severe difficulty breathing (struggling for each breath, can only speak in single words)
 - Severe chest pain (constant tightness or crushing sensation)
 - Feeling confused or unsure of where you are
 - Losing consciousness

Ending Isolation

- When determining your isolation period, the day your symptoms began, the day you tested positive or the day you were exposed to an individual with COVID-19 or with symptoms, (whichever came first) is **day 0**.
- Once your isolation period is complete, you can come out of self-isolation as long as symptoms have improved for at least 24 hours (or 48 hours if the symptoms affect the digestive system) and you have no fever.
- Follow all public health measures, such as wearing a mask in all public settings, for an extra 5 days after isolation.

Guidance for Close Contacts

The following individuals do not need to isolate, as long as they do not have COVID-19 symptoms:

- Household members who previously tested positive in the last 90 days.
- Household members who are over 18 years old AND have received a COVID-19 booster dose.
- Household members who are under 18 years old AND have received two doses of an mRNA vaccine.
- Individuals you had close contact with but who do not live with you.

The individuals listed above must do the following for 10 days after exposure:

- self-monitor for symptoms;
- wear a mask in public settings;
- avoid activities where mask removal would be necessary (e.g. dining out, high contact sports, playing an instrument at school, etc.); AND
- not visit anyone who is at higher risk of illness, such as older adults, or any highest risk settings (unless they tested positive in past 90 days).

If household members do not meet the criteria listed above, they must isolate for the same amount of time as you are isolating (or for 10 days if they are immunocompromised).

For details on the above guidance, visit [Ontario.ca/exposed](https://ontario.ca/exposed). For more information on COVID-19, visit [TBDHU.com/coronavirus](https://tbdhu.com/coronavirus) or call (807) 625-5900 (Toll-Free 1-888-294-6630).