



# COVID-19 Tested!

## Now what?

### **If you have COVID-19 symptoms, and are a contact of a case OR have travelled outside of Canada:**

- Due to your potential exposure to COVID-19, you must self-isolate while awaiting your test result.
- If your test result is negative, continue to self-isolate for 14 days from your last contact to a positive case or from your arrival back to Canada.
- If your test result is positive, self-isolate from 10 days from when your symptoms started or as directed by Region of Waterloo Public Health

### **If you have no symptoms, but are a contact of a case OR have travelled outside of Canada:**

- Self-isolate for 14 days after your last contact with the positive case or after your arrival back in Canada, even if your test result is negative. If you develop symptoms, get retested as soon as possible.
- If your test result is positive, self-isolate for 10 days from the day you were tested. If you develop symptoms, you may need to self-isolate for longer. Region of Waterloo Public Health will provide guidance on your isolation period.

### **If you have symptoms, but are not a contact of a case and have not travelled outside of Canada and have received notification of exposure via the COVID alert app:**

- Self-isolate while you are waiting for your test results.
- If your test is positive, continue to self-isolate for 10 days from when your symptoms started, Public Health will contact you, please be sure you are available to speak with Public Health
- If your test is negative, you may stop self-isolating after you are symptom-free for 24 hours.

### **If you have symptoms, and are a student/staff in a local elementary or secondary school, AND have been notified by Public Health as a contact of a case:**

- You are required to self-isolate for 14 days, or as directed by Public Health, regardless of test result.
- All household contacts should also continue to isolate until a negative test result for the student is received.

### **If you have symptoms, and are a student/staff in a local elementary or secondary school, and have NOT been notified by Public Health as a contact of a case:**

- Self-isolate while you are waiting for your test results.
- If your test is positive, continue to self-isolate for 10 days from when your symptoms started.
- If your test is negative, you may stop self-isolating after you are symptom-free for 24 hours.
- Household members do not need to self-isolate but should self monitor for symptoms.

### **If you have no symptoms, are not a contact of a case and have not travelled outside of Canada and have received notification of exposure via the COVID alert app:**

- Self-isolate while you are waiting for your test results.
- If your test result is positive, self-isolate for 10 days from when you were tested. If you develop symptoms, you may need to self-isolate for longer. Region of Waterloo Public Health will provide guidance on your isolation period.
- If your test result is negative, you can discontinue self-isolation. Get retested if you develop symptoms.

## How to get your test results?

- Visit [ontario.ca/COVID19](https://ontario.ca/COVID19) and click "Check your lab results".
- Your results may be available through other laboratory online portals which you may already subscribe
- A test result will usually be available in **5-7 days. If you have not received your test results 7 days after being tested, you may contact your health care provider.**
- If your test is positive you will be contacted by Region of Waterloo Public Health. A Public Health nurse will call you each day and will advise you when you can stop self-isolation.

## What does a negative test mean?

- The test result only means that you did not have detectable COVID-19 **at the time of testing.**
- To prevent becoming infected with COVID-19, physical distance from others, wear a mask when physical distancing is not possible or as directed by local bylaws, wash your hands often and monitor for symptoms of COVID-19

## What does a positive test mean if you don't have symptoms?

- The test is very effective at detecting any virus. Even if a person with COVID-19 has fully recovered and is no longer contagious, they may still test positive.
- The significance of a positive test if you have never had symptoms is still unknown. You should self-isolate and monitor for symptoms as directed by Region of Waterloo Public Health

## Self-care while isolating

- Stay home except to get medical care.
- Get rest and stay hydrated.
- Keep your area well ventilated, if possible open windows and avoid tobacco or other smoke. For support to quit/reduce smoking, talk to your health care provider and refer to "Ways to quit smoking" at [regionofwaterloo.ca/smoking](https://regionofwaterloo.ca/smoking)
- Stay connected with friends and family by phone or computer.
- For more resources and information on:
  - How to self-isolate and manage stress visit [regionofwaterloo.ca/COVID19](https://regionofwaterloo.ca/COVID19)
  - Community supports visit [regionofwaterloo.ca/COVID19communitysupport](https://regionofwaterloo.ca/COVID19communitysupport)

## More about COVID-19

- Some people can be infected and stay symptom-free. Some can test positive and then develop symptoms. The majority of COVID-19 cases will be mild.
- If you suffer from chronic diseases like diabetes, heart or lung disease, or if you are 70 years of age or older, you are at greater risk for more serious and severe illness.
- Whether asymptomatic or ill, you are considered infectious and can still pass the virus on to someone else until you have been cleared by a Public Health nurse.
- It is important to monitor your symptoms. If your symptoms are worsening, and you are concerned, contact your health care provider or Telehealth at 1-866-797-0000.
- If you need urgent medical attention, for example, if you have: severe difficulty breathing, severe chest pain, confusion, or loss of consciousness, call 911 and tell them you have tested positive for COVID-19.
- Download the COVID alert app from your mobile phone app store to receive notifications of exposures to confirmed COVID-19 persons.

**For more information, call Region of Waterloo Public Health at 519-575-4400  
or visit [regionofwaterloo.ca/COVID19](https://regionofwaterloo.ca/COVID19)**