# COVID-19 Tested!
## Now what?

### Testing Scenarios and Next Steps

<table>
<thead>
<tr>
<th>COVID-19 symptoms</th>
<th>Travel outside of Canada within the past 14 days?</th>
<th>High Risk contact of a case</th>
<th>COVID Alert App exposure notification</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Self-isolate? Get tested?</strong></td>
<td>If fully vaccinated (FV*), go to <a href="https://travel.gc.ca/travel-covid">travel.gc.ca/travel-covid</a> If not FV**, isolate and get tested.</td>
<td>If fully vaccinated (FV*) and no symptoms, you do not need to isolate, however, get tested immediately and again at day 7 or later after exposure. Self-monitor for 10 days after the exposure and wear a mask when in public. If not FV**, isolate and get tested.</td>
<td>If fully vaccinated (FV*) and no symptoms, get tested immediately, and again at day 7 or later after the exposure. You do not need to isolate. If not FV**, isolate and test.</td>
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<tr>
<td><strong>Next steps</strong></td>
<td>If negative, you can stop isolating once symptoms improve for at least 24 hours (48 hours for gastrointestinal symptoms). If positive, self-isolate for 10 days from when your symptoms started, or as directed by Public Health.</td>
<td>If you have symptoms, test immediately. If negative and not FV**, self-isolate for 10 days after your last contact with the positive case. If negative and FV*, you can stop isolating once symptoms improve for at least 24 hours (48 hours for gastrointestinal symptoms). If positive, self-isolate for 10 days from symptom onset or as directed by Public Health. If you do not have symptoms, Public Health will tell you when to go for testing, based on what kind of exposure you had.</td>
<td>If negative and no symptoms, you can stop isolating. If negative and you have symptoms, you can stop isolating once symptoms improve for at least 24 hours (48 hours for gastrointestinal symptoms). If positive, self-isolate for 10 days from test date/when symptoms started, or as directed by Public Health.</td>
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<tr>
<td><strong>Should my household isolate?</strong></td>
<td>Household members who are not FV** must self-isolate until you receive a negative test result. Household members who are not FV** must stay home except for essential purposes (school, work, childcare, medical appointments, groceries, prescription pick up). Household members who are not FV** who are not isolating away from the traveller must also self-isolate for the duration of the traveller’s isolation period.</td>
<td>Household members who are isolating away from the high-risk contact and who are not FV** must stay home except for essential purposes (school, work, childcare, medical appointments, groceries, prescription pick up). Household members who are not FV** who are not isolating away from the high-risk contact must also self-isolate for the duration of the contact’s isolation period.</td>
<td>If you have symptoms, household members who are not FV** should isolate until you receive a negative test. If you test negative, household members can stop isolating.</td>
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</tbody>
</table>

* FV* = fully vaccinated (14 days or more since your second dose of a COVID-19 vaccine)  
** not FV = not vaccinated, partially vaccinated, or less than 14 days since second dose
I do not have symptoms or an exposure, but I need testing. What do I do?

- Visit bit.ly/ontariotesting and go to page 5 under “Targeted Testing Groups” to see if you are eligible for testing.
- Since you do not have symptoms and no exposure, you and your household do not need to self-isolate while you are waiting for test results.

How do I get my test results?

- Visit ontario.ca/COVID19 and click "Check your lab results".
- If your test is positive, Public Health will contact you and 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, wash your hands often and monitor for COVID-19 symptoms of COVID-19.

What does a positive test mean if I do not have COVID-19 symptoms?

- The test is very effective at detecting any virus. It could represent a new infection or a previous infection.
- You should self-isolate and monitor for COVID-19 symptoms until you talk to Public Health who will provide further direction.
- Persons who have previously tested positive within the last 90 days and have been cleared from their infection, should not get another test unless new or worsening COVID-19 symptoms emerge and/or directed by Public Health.

Where can I safely isolate?

- If you need a space to isolate to protect yourself or others from COVID-19, consider applying for the Safe Isolation Site. You can self-refer to the site by calling 226-753-3089.
- There are no costs to you to stay at the isolation site.
- Visit regionofwaterloo.ca/IsolationSite for more information.

More about COVID-19

- Remember to screen for COVID-19 before you go to school, childcare, work, or another public place. Visit covid-19.ontario.ca and click “Screen before you go”.
- It is important to monitor your COVID-19 symptoms. If your COVID-19 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: difficulty breathing, chest pain, confusion, or loss of consciousness, call 911 and tell them you have tested positive for COVID-19.