

# You have been tested for COVID-19. Now What?

**Results are usually available within 24 – 48 hours.**

**If you *have symptoms***, you must self-isolate at home until you get your test results. Don't leave your home. Disinfect commonly used surfaces often (doorknobs, light switches, phones, keyboards, remote controls, faucets, countertops). Have a friend or family member drop groceries and other essential items at your front door. We recommend that all household members self-isolate while you wait for your test results, even if they do not have symptoms. They should not attend work, school or childcare. **If you *don't have symptoms*** you don't need to self-isolate while waiting for your test results unless public health has specifically asked you to (for example you have been exposed to someone with COVID-19).

You can check for your results online: <https://covid-19.ontario.ca>. If this link doesn't work, please try a different web browser.

If your symptoms worsen, call your primary care provider or Telehealth Ontario. If your symptoms become **SEVERE** please go to your nearest emergency department or call 911.

## Are your results negative?

You need to stay at home if you are sick. Drink lots of fluids and get rest. Take acetaminophen if you have a fever. Stay home until you do not have a fever (without medication) and symptoms have been improving for 24 hours. Call your primary care provider if your symptoms change or worsen. **If public health has asked you to self-isolate (for example, because you have been exposed to someone with COVID-19), do not stop until you have spoken to public health again.** If they are symptom-free, household members no longer need to self-isolate and can return to their normal activities (including work, school or childcare).

## Are your results positive?

**If your results are positive, we will call you.** We will ask questions about your travel history (even within Canada) and the people you have been in contact with (family, co-workers, friends, etc.). We will ask for phone numbers for those people and we will call them. All household members should continue to self-isolate. Everyone in the household will be contacted by public health with further direction.

## What does a negative test mean?

If you test negative for COVID-19, you did not have detectable virus at the time your sample was collected. This does not mean you will not be exposed to, test positive for, or become sick with COVID-19 at some time after your test.

For more information about COVID-19, call our hotline at 1-800-922-0096 x 9  
or visit our website at [www.swpublichealth.ca/covid-19](http://www.swpublichealth.ca/covid-19)



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