

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

Results are often available within 24 – 48 hours, but may take up to four days.

If you **have symptoms**, you must self-isolate at home until you get your test results. Don't leave your home, even if your symptoms go away or improve, while you are waiting for your test results. Disinfect commonly used surfaces often. Have a friend or family member drop groceries and other essential items at your front door. All household members need to 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).

Get your results at: <https://covid-19.ontario.ca>. If this link doesn't work, please try a different web browser. If you don't have internet, call the Assessment Centre for your test results.

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?

Stay at home if you are sick. Drink lots of fluids and get rest. Take fever reducing medication if needed. 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 do not stop until you have spoken to public health again.** If they are symptom-free, household members don't need to self-isolate anymore 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. You might also get a text message from Southwestern Public Health. Please follow the instructions in the text message. We will ask questions about where you have been 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. Public health will contact you with direction for the entire household.

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 call our COVID Response Centre at 1-800-922-0096 x 9 or visit our website at www.swpublichealth.ca.



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