

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

Results are usually 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. Disinfect commonly used surfaces often. Have someone drop groceries and other essential items at your front door. Unvaccinated family members **MUST** self-isolate while you wait for your test results. Fully vaccinated* household members are **NOT** required to self-isolate while you wait for test results. Remember that self-isolation includes not attending school, work, or childcare. **If you have no symptoms** (e.g. surveillance testing, or before a medical procedure) and have **NOT** been told to isolate as high-risk contact, you do not need to self-isolate.

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 results.

If your symptoms get worse, call your primary care provider or Telehealth Ontario (1 866-797-0000). If your symptoms become **SEVERE**, please go to the emergency department or call 911.

*You are fully vaccinated 14 or more days after your second dose of a two-dose COVID-19 vaccine series, or from your first dose of a one-dose COVID-19 vaccine series.

Are your results positive?

If your results are positive, your local health unit 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 you to provide your contacts' phone numbers so that we can reach out to them. All household members should self-isolate. Public health will contact you with directions for the entire household.

Are your results negative?

Drink lots of fluids and get rest. Take fever-reducing medication if needed. Stay home until you do not have a fever (without medication), symptoms have improved for 24 hours and Gastrointestinal (GI) (nausea/vomiting, diarrhea, stomach pain) symptoms have resolved for 48 hours. Call your primary care provider if your symptoms change or get worse.

If public health has asked you to self-isolate, do not stop until you have been instructed to end your self-isolation. Your household members; if they are symptom-free, can return to their normal activities.

What does a negative test mean?

If you test negative for COVID-19, you did not have a detectable virus when 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 1-800-922-0096 x 9 or visit www.swpublichealth.ca



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