

Can I get a test?

The following individuals and groups qualify for COVID-19 PCR testing IF they have symptoms:

- People who are 60+
- 18+ who are unvaccinated or have not had their primary series (2 doses)
- 18+ who have primary series, but haven't had Covid OR a vaccine dose in the last 6 months
- People who are immunocompromised
- Pregnant people
- Patient-facing healthcare workers
- Staff, volunteers, residents/inpatients, essential care providers, and visitors in highest risk settings
- Household members of staff in highest risk settings and patient-facing health care workers
- People who are underhoused/experiencing homelessness
- First responders including firefighters, police and paramedics
- Home and community care workers
- International Agriculture Workers in congregate living settings

Others may qualify for asymptomatic PCR testing:
www.ontario.ca/page/covid-19-testing-and-treatment

I don't qualify for a test. Now what?

1+ Major symptom or 2+ Minor symptoms? Assume COVID-19.

Complete Ontario's [COVID-19 Self Assessment](#)

MAJOR: Fever/chills, cough, shortness of breath, decrease/loss of taste or smell

MINOR: Runny/stuffy nose, conjunctivitis (pink eye) headache, abdominal pain, fatigue, sore throat, muscle/joint pain, vomiting or diarrhea, decreased or lack of appetite for young children (not related to other known causes or conditions).

If you have any of the above symptoms (COVID positive or not) you are recommended to self-isolate and stay at home until fever is resolved and your symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms). *

If you have a positive test result and no symptoms, you do not need to self-isolate unless symptoms develop, but you should follow the precautions below. If you develop symptoms, self-isolate immediately.

When in self-isolation, leave only for medical attention. If it is hard to breathe, call 911 or go to your local emergency room.

What do I do after self-isolation OR if I have no symptoms?

For a total of 10 days after your test or first symptom (whichever is first), you should:

- Wear a well-fitted mask in all public settings and avoid non-essential activities where mask removal is necessary (e.g., dining out)
- Avoid visiting anyone who is immunocompromised, at a higher risk of illness, or living in a highest risk setting.

Even if negative for COVID-19, these precautions will help prevent the spread of respiratory viruses in the community.

What do my close contacts (household and non household) do?

It is your responsibility to identify and notify your close contacts. For 10 days after their last exposure to you, your close contacts should:

- Self-monitor for symptoms (self-isolate immediately if symptoms develop.)
- Avoid visiting anyone who is immunocompromised or at higher risk of illness as well as avoid visits to highest risk settings.