

## COVID-19 Test Results and Next Steps



### You were tested for COVID-19 and you are awaiting results

- **If you are feeling sick or you have any symptoms of COVID-19** (fever, new or worsening cough, shortness of breath, sore throat, loss of smell and taste, extreme tiredness or fatigue), **you are required to self-isolate\*** at home until your results are received. Your close contacts, including members of your household, should also self-isolate until your results are received.
- **If you do not have COVID-19 symptoms**, are not a close contact of someone with COVID-19, and have not recently travelled outside of Canada, you are not required to self-isolate while waiting for your test results.



### How can I obtain my test results?

- Test results may be available after **three to four days** (sometimes longer).
- Check your COVID-19 lab test results:
  - visit **covid-19.ontario.ca** and select "Check your lab results", or
  - contact your family doctor (if you provided your doctor's contact information when tested).
- If tested at the Joseph Brant Hospital Assessment Centre, you can also access test results through **MyChart portal**.
- If tested at Halton Healthcare Assessment Centre and online results are not available after five days, access test results by calling 905-203-7963.



### You tested **positive**

- **Halton Region Public Health will contact all positive cases directly.**
- You are **required to self-isolate\*** at home for 14 days from when your symptoms began.
- If you **do not have any symptoms**, then you are **required to self-isolate\*** for 14 days from the date you were tested.
- **If your symptoms worsen** while self-isolating (for example, you have difficulty breathing) **call 9-1-1**. Tell them of your COVID-19 diagnosis to ensure you receive appropriate care and the correct precautions are taken.
- Re-testing is not required for you to return to work or other regular activities after self-isolation.



### You tested **negative**

- If you were identified as a close contact of someone with COVID-19 and/or you have recently travelled outside of Canada, you are **required to self-isolate\*** at home for 14 days.
- If you have not been identified as a close contact of someone with COVID-19, but have COVID-19 symptoms, it is recommended that you **self-isolate until you are symptom-free for 24 hours**.
- If you develop new or worsening symptoms, you may need to be re-tested.

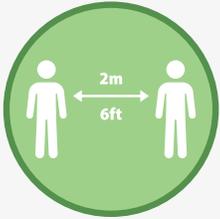
\*Halton residents who have symptoms of COVID-19, or have been diagnosed with COVID-19 and all associated close contacts are **required** to self-isolate under a Class Order issued by the Medical Officer of Health under Section 22 of the *Health Protection and Promotion Act*. Visit **halton.ca/COVID19** or **call 311** to learn more about the Class Order.

# How do I self-isolate?



## Stay home

- Do not go to work, school or other public places.
- Do not use public transportation, taxis or rideshares.



## Avoid contact with others and keep your distance

- As much as possible, stay in a separate room from others and use a separate bathroom if you have one.
- No visitors unless essential (for example, health care providers).
- Stay away from seniors and people with chronic medical conditions (for example, diabetes, lung problems, immune deficiency).



## Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a healthcare provider.
- Wear a mask when you are within two metres of other people.
- If you cannot wear a mask, maintain a two metre distance from others and cover your coughs and sneezes.



## Practice good hygiene

- Wash your hands often with soap and water and dry your hands thoroughly.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- Cough or sneeze into a tissue, your upper sleeve or elbow, not your hand.
- Put used tissue in the garbage and clean your hands.



## Questions?

**Visit** [halton.ca/COVID19](https://www.halton.ca/COVID19)

**Email** [accesshalton@halton.ca](mailto:accesshalton@halton.ca)

**Call** 311

This information is current as of June 15, 2020.