



# TESTED, WHAT NOW?

Please see follow-up instructions for individuals tested for COVID-19 in the table below.

Contact History	Lowest Risk	Moderate Risk	Higher Risk	Highest Risk
<b>What is your contact and travel history?</b>	<b>NO</b> close contact with someone who tested positive for COVID-19 and <b>NO</b> travel outside of Canada	<b>NO</b> close contact with someone who tested positive for COVID-19 and <b>NO</b> travel outside of Canada	<b>Close</b> contact with someone who tested positive for COVID-19 and/or <b>Traveled</b> outside of Canada	<b>Close</b> contact with someone who tested positive for COVID-19 and/or <b>Traveled</b> outside of Canada
<b>Do you have symptoms of COVID-19?</b>	<b>NO</b> symptoms	At least <b>one</b> symptom	<b>NO</b> symptoms	At least <b>one</b> symptom
<b>What do I do while I await my test result?</b>  Please see below for "Self-Isolation Instructions"	You should <b>self-monitor</b> , but you are <b>NOT</b> required to self-isolate while you wait for your test result.	You <b>MUST</b> self-isolate and self-monitor  Do <b>NOT</b> return to work in-person	You <b>MUST</b> self-isolate and self-monitor  Do <b>NOT</b> return to work in-person	You <b>MUST</b> self-isolate and self-monitor  Do <b>NOT</b> return to work in-person
<b>Should I notify my close contacts before I get my test result?</b>	You are <b>NOT</b> required to advise your close contacts.	Please advise your close contacts to <b>self-isolate for fourteen (14) days</b> from their last contact with you and notify them once you have your test result.	You are <b>NOT</b> required to advise your close contacts.	Please advise your close contacts to <b>self-isolate for fourteen (14) days</b> from their last contact with you and notify them once you have your test result.
<b>When can I end self-isolation?</b>  This is based on your test result (positive or negative), and your risk level (symptoms, contacts, and travel history).  If your test result is positive, OPH will follow-up with you to provide further instructions.	<b>Tested Positive:</b> You can end self-isolation <b>fourteen (14) days</b> after the date your swab was taken  <b>AND</b> you have not developed any symptoms of COVID-19.  <b>Tested Negative:</b> You are <b>not required</b> to self-isolate. Continue to practice physical distancing.	<b>Tested Positive:</b> You can end self-isolation <b>fourteen (14) days</b> after the date your swab was taken  <b>AND</b> you have no fever  <b>AND</b> your symptoms have been improving for at least 72 hours.  <b>Tested Negative:</b> You can end self-isolation <b>at least 24 hours</b> after your symptoms have resolved.	<b>Tested Positive or Tested Negative:</b> You can end self-isolation <b>fourteen (14) days</b> after the date your swab was taken  <b>OR</b> <b>fourteen (14) days</b> from your last exposure*/ return to Canada, whichever is longer  <b>AND</b> you have not developed any symptoms of COVID-19.	<b>Tested Positive or Tested Negative:</b> You can end self-isolation <b>fourteen (14) days</b> after your symptoms started  <b>OR</b> <b>fourteen (14) days</b> from your last exposure*/ return to Canada, whichever is longer  <b>AND</b> you have no fever  <b>AND</b> your symptoms have been improving for at least 72 hours.
<b>If I test negative, when can my close contacts end self-isolation?</b>	You were <b>NOT</b> required to advise your close contacts.	If your test result is <b>negative</b> , please notify your close contacts to stop isolating.	You were <b>NOT</b> required to advise your close contacts.	If your test result is <b>negative</b> , please notify your close contacts to stop isolating.

\***Exposure:** Being in close physical contact with a person who has tested positive for COVID-19 or traveled outside of Canada.

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## Notifying Your Close Contacts

- Anyone with whom you had close contact during the time from 2 days (48 hours) before you developed symptoms until you started self-isolation may have been exposed to COVID-19.
- Refer your close contacts to Ottawa Public Health's (OPH) resource "**Self-Isolation Guide for Close Contacts – Public Health Ontario**" found online at: [OttawaPublicHealth.ca/Self-Isolate](https://ottawapublichealth.ca/self-isolate).
- Your close contacts can discontinue self-isolation if your test result is negative – please be sure to notify them with this information.
- Ottawa Public Health (OPH) will **only** notify your close contacts directly if your test result is positive; OPH does not use your name when notifying contacts.

**Please Note:** Positive results are reported directly and confidentially by labs to Ottawa Public Health (OPH).

## About Your Test Results

- To check your COVID-19 test result please visit the Government of Ontario website at: [covid-19.ontario.ca](https://covid-19.ontario.ca)
- Persons tested at Brewer Assessment Centre can access their results through MyChart – visit [MyChart - Login Page](#)
- It is the ordering physician or healthcare provider's responsibility to notify test results to their patients.
- Anyone whose test result is positive will be followed up by Ottawa Public Health (OPH) and self-isolation requirements and timelines may differ from this handout based on your unique situation such as occupation or health status.
- **Please Note!** A negative test result does not rule out the possibility that you are currently infected with COVID-19 since you may have been in the early stages of the infection at the time of the test.

## Take Care of Your Mental Health, Too!

The COVID-19 pandemic is new and unexpected. This situation can be unsettling, and everyone will experience these events in their own way. It is completely natural to feel sad, stressed, confused, or worried in times of uncertainty. Make sure to care for your mental health and to ask for help if you feel overwhelmed.

- If you need support, please connect with the **Mental Health Crisis Line** (24 hours a day/ 7 days a week) at **613-722-6914** or if outside Ottawa toll-free at **1-866-996-0991**.
- For online mental health resources and additional information please visit Ottawa Public Health's (OPH) website at: [OttawaPublicHealth.ca/CovidMentalHealth](https://ottawapublichealth.ca/covidmentalhealth)

## Self-Isolation Instructions

- Help prevent the spread of COVID-19 and self-isolate by staying at home, avoiding contact with other people and only leaving home for critical reasons, like a medical emergency.
- You **MUST** self-isolate at home and protect other people in your home from exposure.
- Do not leave your place of isolation unless it is to get medical care. Wear a cloth or medical mask when you leave your house to see a health care provider.
- Do not leave your property to go for a walk. Stay in a private place like your yard or balcony if you go outside for fresh air.



- Do not use public transportation (like buses, taxis, or rideshare).
- Do not go to school or work in-person (attend virtually if you can).
- You should stay in a separate room and use a separate bathroom from others in your home, if possible.
- Do not have visitors. Limit contact with others in your place of isolation, including children.
- Try to get groceries, medication, or other essential items: online, over the phone, from friends, family, neighbours or anyone else who is not in self-isolation. Have items left at the door to minimize contact.  
*\*If this is not possible, call 2-1-1 for information on the full range of community, social, government and health service programs available in Ottawa, and how to access them.*
- Wash your hands often with soap and water, to dry use a paper towel or your own cloth that no one shares.
- If you must be in contact with others, wear a cloth mask and practice physical distancing to keep at least two metres (6 feet) between yourself and the other person.
- “How to Isolate at Home When You May Have COVID-19” – instructions are available in over 20 languages online, visit: [canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html](https://canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html)
- For self-isolation resources and additional instructions please visit Ottawa Public Health’s (OPH) website at: [OttawaPublicHealth.ca/Self-Isolate](https://OttawaPublicHealth.ca/Self-Isolate).

## Self-Monitoring Instructions

- Monitor your symptoms as directed by your health care provider, most people with mild symptoms will recover on their own at home.
- If you develop symptoms, please use the Government of Ontario’s “COVID-19 Self- Assessment Tool” found online at: [covid-19.ontario.ca/self-assessment](https://covid-19.ontario.ca/self-assessment)
- Immediately contact your health care provider if you develop new symptoms, or if symptoms worsen.
- **If you are in distress, (significant trouble breathing, chest pain, fainting, or have a significant worsening of any chronic disease symptom), go to the nearest Emergency Department or call 9-1-1.**
- If you have any questions, please contact Telehealth at 1-866-797-0000 or Ottawa Public Health at 613-580-6744.

## Common Symptoms of COVID-19

Feeling feverish, new or worsening cough, shortness of breath, sore throat, difficulty swallowing, loss of taste/ smell, unexplained tiredness, muscle aches, nausea/vomiting, diarrhea, abdominal pain. Runny nose, or nasal congestion that is **not** due to seasonal allergies or post-nasal drip.

## More About COVID-19

For more information on COVID-19, including the latest up-to-date information, please visit: [OttawaPublicHealth.ca/Coronavirus](https://OttawaPublicHealth.ca/Coronavirus)

