



TESTED, WHAT NOW?

Step 1

Please answer the questions below to help determine your **Risk Category**:

Which Column Best Describes You/Your Child?				
	1	2	3	4
Why did you or your child come to get tested today?	"I feel well, but I am worried" OR "I just want to know if I have COVID-19"	"I/my child have/has symptoms but have had no close contact* with someone who tested positive for COVID-19."	"I/my child don't have symptoms but was exposed to/in close contact* with someone who tested positive for COVID-19"	"I/my child have/has symptoms and was exposed to/in close contact* with someone who tested positive for COVID-19"
Have you been exposed to someone with COVID-19? →	NO known close contact* with anyone who tested positive for COVID-19	NO known close contact* with anyone who tested positive for COVID-19	Close contact* with someone who tested positive for COVID-19 I/my child has received a letter from OPH advising me/my child to get tested	Close contact* with someone who tested positive for COVID-19 I/my child has received a letter from OPH advising me/my child to get tested
	AND	AND	AND/OR	AND/OR
Have you travelled outside of Canada? →	NO travel outside of Canada	NO travel outside of Canada	Travelled outside of Canada	Travelled outside of Canada
Do you have symptoms of COVID-19? →	NO symptoms	At least one symptom	NO symptoms	At least one symptom
Risk Category	↓ Category Green	↓ Category Yellow	↓ Category Orange	↓ Category Red
Is testing recommended?	Testing is NOT recommended	Testing is recommended	Testing is recommended	Testing is recommended

* What is a close contact (also known as high-risk contact)?

- A close contact, also known as a high-risk contact, is someone exposed to a person diagnosed with COVID-19 (someone who tested positive for the virus). Exposures can occur in your home, other indoor places when physical distancing is difficult to maintain, or even outdoors when being close together for longer periods of time.
- Ottawa Public Health (OPH) will notify you by letter or automated call if you are identified as a high-risk contact of a person who tests positive for COVID-19 in a school or daycare.
- **Please note: Being notified of a single case in your place of work or child's school or daycare does NOT mean you/your child is a high-risk contact. OPH notifies high-risk contacts directly.**

V.5 October 9, 2020

Additional Step 1 Info

For Parents and Caregivers of Children and Youth Attending School or Daycare:

If Ottawa Public Health (OPH) has notified you that your child is a high-risk contact, your child will fit into one of the following categories:

- If your child has NO symptoms, your child's **Risk Category is Orange**; or
- If your child has at least ONE symptom, your child's **Risk Category is Red**.

If OPH has not notified you that your child is a high-risk contact, but your child has at least ONE symptom, your child's **Risk Category is Yellow**.

Step 2

Please read the recommendations in the table below carefully, they will advise you on next steps.

Risk Category	Category Green	Category Yellow	Category Orange	Category Red
Do I need to self-isolate while I wait for my results? [†]	Testing is NOT recommended for individuals in Risk Category Green at a COVID-19 Assessment Centre or Care Clinic. For persons in this Risk Category who require testing (e.g., visitors to Long Term Care Facilities), testing may be accessed in some Ottawa-area pharmacy locations by appointment only.	You MUST self-isolate and self-monitor. Do NOT return to daycare/school/work in-person. Please see Self-Isolation and Self-Monitoring Instructions below	You MUST self-isolate and self-monitor. Do NOT return to daycare/school/work in-person. Please see Self-Isolation and Self-Monitoring Instructions below	You MUST self-isolate and self-monitor. Do NOT return to daycare/school/work in-person. Please see Self-Isolation and Self-Monitoring Instructions below
Should I notify my household contacts** before I get my test result? Please see Notifying Your Household Contacts below	For details, see https://covid-19.ontario.ca/assessment-centre-locations/	Please advise your household contacts** to self-isolate for fourteen (14) days[†] from their last contact with you and notify them once you have your test result.	You are NOT required to advise your household contacts**. If you develop symptoms your risk category changes to Red , and you must follow the instructions in the Red category.	Please advise your household contacts** to self-isolate for fourteen (14) days[†] from their last contact with you and notify them once you have your test result.
When can I end self-isolation?		Tested Positive: You can end self-isolation ten (10) days after your symptoms started as long as you have no fever AND your symptoms have been improving for at least 24 hours without fever-reducing medications.	Tested Positive: You can end self-isolation ten (10) days after the date your swab was taken, as long as you have not developed any symptoms of COVID-19. If you develop symptoms, OPH will advise when you can end self-isolation.	Tested Positive: You can end self-isolation ten (10) days after your symptoms started, as long as you have no fever AND your symptoms have been improving for at least 24 hours without fever-reducing medications.

Risk Category	Category Green	Category Yellow	Category Orange	Category Red
When can I end self-isolation?		<p>Tested Negative: You can end self-isolation at least 24 hours after your symptoms have improved without fever-reducing medications.</p>	<p>Tested Negative: You can end self-isolation fourteen (14) days from your last exposure to the close contact or your return to Canada.</p> <p>If you develop symptoms after a negative test result, your risk category changes to Red. Retesting is recommended and you must follow the instructions in the Red category.</p>	<p>Tested Negative: You can end self-isolation fourteen (14) days from your last exposure to the close contact or your return to Canada, as long as your symptoms have improved for at least 24 hours without fever-reducing medications.</p> <p>If you develop new symptoms or have ongoing symptoms, re-testing is recommended.</p>
If I test negative, when can my household contacts** end self-isolation?		<p>If your test result is negative, please notify your household contacts to stop isolating.</p>	<p>You were NOT required to advise your household contacts as long as you did not develop any symptoms.</p>	<p>If your test result is negative, please notify your household contacts to stop isolating, as long as you do not develop new symptoms during the fourteen (14) days.</p>

**** Who is a household contact?**

A **household contact** is anyone who lives with the person being tested like parents, siblings, roommates (identified as “you” for remainder of this handout) or who provided care to you in the home (such as bathing, toileting, dressing, feeding). This includes other persons who may have similar unprotected contact with you (such as partners living in other households or people who visited with you indoors for prolonged periods).

† Please note that self-isolation requirements for residents of Ottawa may differ from those in other health units. See [Class Section 22 – What Does it Mean for Me?](#) below for details.

Additional Step 2 Info

For Parents and Caregivers of Children and Youth Attending School or Daycare:

If your child’s **Risk Category is Yellow:**

- The child’s household contacts** are required to self-isolate.
- If your child’s test results are negative, the household contacts can stop self-isolating. Before your child stops self-isolation, your child needs to have symptoms resolved for at least 24 hours without fever-reducing medications. Symptoms of vomiting or diarrhea must be resolved for at least 48 hours before returning to school or daycare.

If your child’s **Risk Category is Orange:**

- The child’s household contacts** are NOT required to self-isolate.
- If your child’s test results are negative, your child is still required to complete 14 days of self-isolation before return to school or childcare since they could still be incubating an infection.

If your child’s **Risk Category is Red:**

- The child’s household contacts** are required to self-isolate.
- If your child’s test results are negative, the household contacts can stop self-isolating. Your child needs to complete 14 days AND their symptoms are improving for at least 24 hours without fever-reducing medications before return to school or childcare. Symptoms of vomiting or diarrhea must be resolved for at least 48 hours before returning to school or daycare. If your child develops new symptoms, or the symptoms don’t go away and a concern remains that it may be COVID-19, re-testing for COVID-19 is recommended.



Notifying Your Household Contacts

- A **household contact** is anyone who lives with the person being tested like parents, siblings, roommates (identified as “you” for remainder of this handout) or who provided care to you in the home (such as bathing, toileting, dressing, feeding). This includes other persons who may have similar unprotected contact with you (such as partners living in other households or people who visited with you indoors for prolonged periods).
- While you wait for results, ALL household contacts of those in **Risk Category Yellow** and **Risk Category Red** must self-isolate.
- Please notify any household contacts from 2 days (48 hours) before you developed symptoms until when you started self-isolation, as the household contact(s) may have been exposed to COVID-19.
- Refer your household contacts to Ottawa Public Health’s (OPH) webpage on self-isolation at: [OttawaPublicHealth.ca/Self-Isolate](https://ottawapublichealth.ca/self-isolate).
 - While awaiting test results, household contacts must NOT return to daycare, school, or work in-person.
 - Occasionally, Health Care Workers (HCWs) who are deemed essential or irreplaceable by their employer may be able to work with proper personal protective equipment in place (known as “work self-isolation”) if their child is symptomatic and COVID-19 has not yet been ruled out (i.e., waiting on COVID-19 test results). In this situation, HCWs should seek guidance from their Occupational Health department for more information.
- **Your household 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 select 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).
Please Note: Self-isolation requirements for residents of Ottawa may differ from those in other health units.
See [Class Section 22 – What Does it Mean for Me?](#) below

About Your Test Results

- To check your COVID-19 test result please visit the Government of Ontario website at: covid-19.ontario.ca
- Persons tested at **Brewer Assessment Centre** can access their results through MyChart – visit <https://epicapps.toh.ca/mychart/> for results
- Children and youth tested at the **CHEO Assessment Centre** can access their results through CHEO’s MyChart – visit <https://mychart.kidshealthalliance.ca/mychart/> for results
- Persons tested at the **COVID-19 Care and Testing Centre (Moodie Location)** can access their results through the ConnectedCare Patient Portal. If you provided an email address to the onsite registration, you should receive a link to set up your access.
- Ottawa Public Health (OPH) will follow up anyone whose test result is positive — this may take a few days. Self-isolation requirements and timelines may differ from this handout once you receive further assessment based on your unique situation, such as occupation or health status.
- **Important!** 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.



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.
 - Exception: For household contacts of people with symptoms (**Risk Category Yellow**) who do not have any symptoms themselves, short walks outside are permitted as long as individuals wear a mask, stay at least 2-metres physically distanced, and do not enter any public spaces such as grocery stores and playgrounds.
- Do not use public transportation (such as buses and trains). If you are seeking medical attention and do not have a private vehicle, please use a taxi or rideshare, wear a mask, sit in the rear seat on the opposite side of the driver, and open the windows (weather permitting).
- 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.
- Wash your hands often with soap and water; to dry, use a paper towel or your own cloth that no one shares.
- 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.***
- 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
- For self-isolation resources and additional instructions please visit Ottawa Public Health’s (OPH) website at: OttawaPublicHealth.ca/Self-Isolate.

Self-Monitoring Instructions

- **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.**
- **Risk Category Green:** Monitor for symptoms. If you develop symptoms, to determine if you need to be re-tested, please use the Government of Ontario’s “COVID-19 Self- Assessment Tool” found online at: covid-19.ontario.ca/self-assessment. As above, go to the nearest Emergency Department or call 9-1-1 if you are in distress.
- **Risk Category Yellow:** Contact your health care provider if your symptoms worsen or are not resolving. As above, go to the nearest Emergency Department or call 9-1-1 if you are in distress.



- **Risk Category Orange:** Monitor for symptoms. If you develop symptoms, please call Ottawa Public Health at 613-580-6744 to discuss next steps. This typically involves re-testing. As above, go to the nearest Emergency Department or call 9-1-1 if you are in distress.
- **Risk Category Red:** Contact your health care provider if your symptoms worsen or are not resolving. As above, go to the nearest Emergency Department or call 9-1-1 if you are in distress.
- If you have any questions, please contact **Telehealth** at **1-866-797-0000** or **Ottawa Public Health** at **613-580-6744**.

Symptoms of COVID-19

When assessing for the symptoms below, your focus should be on evaluating if they are **new, worsening, or different from you or your child’s usual health status**. Symptoms should not be chronic or related to other known causes or conditions.

Type	Symptoms (new, worsening, or different from an individual’s usual health status)
<p>Common symptoms of moderate to severe COVID illness</p>	<div data-bbox="402 709 553 856"> </div> <p>FEVER Temperature of 37.8°C/100.0°F or greater</p> <div data-bbox="402 884 553 1031"> </div> <p>COUGH (new or worsening) Not related to other known causes or conditions (e.g., chronic obstructive pulmonary disease)</p> <div data-bbox="402 1066 553 1213"> </div> <p>SHORTNESS OF BREATH (out of breath, wheezing, unable to breathe deeply) Not related to other known causes or conditions (e.g., chronic heart failure, asthma, chronic obstructive pulmonary disease)</p>
<p>Other symptoms</p>	<div data-bbox="402 1264 553 1411"> </div> <p>SORE THROAT (painful swallowing or difficulty swallowing) Not related to other known causes or conditions (e.g., post-nasal drip, gastroesophageal reflux)</p> <div data-bbox="402 1438 553 1585"> </div> <p>RHINORRHEA (runny nose) Not related to other known causes or conditions (e.g., returning inside from the cold, chronic sinusitis unchanged from baseline)</p> <div data-bbox="402 1612 553 1759"> </div> <p>NASAL CONGESTION (stuffy nose) Not related to other known causes or conditions (e.g., seasonal allergies)</p> <div data-bbox="402 1787 553 1934"> </div> <p>NEW OLFACTORY OR TASTE DISORDER (decrease or loss of smell or taste) Not related to other known causes or conditions (e.g., nasal polyps, allergies, neurological disorders)</p>



Type	Symptoms (new, worsening, or different from an individual’s usual health status)
Other symptoms	<div data-bbox="407 195 557 348"> </div> <div data-bbox="574 195 724 348"> </div> <p data-bbox="743 212 1468 310">NAUSEA AND/OR VOMITING Not related to other known causes or conditions (e.g., transient vomiting due to anxiety in children, chronic vestibular dysfunction)</p> <div data-bbox="407 359 557 512"> </div> <p data-bbox="581 384 1450 483">DIARRHEA Not related to other known causes or conditions (e.g., irritable bowel syndrome, inflammatory bowel disease, side effect of medication)</p> <div data-bbox="407 527 557 680"> </div> <p data-bbox="587 556 1235 655">ABDOMINAL PAIN THAT IS PERSISTENT OR ONGOING Not related to other known causes or conditions (e.g., menstrual cramps, gastroesophageal reflux disease)</p>
Less common (atypical) symptoms	<p data-bbox="407 720 1484 785">Atypical signs and symptoms of COVID-19 should be considered, particularly in infants and children, older persons, and people living with a developmental disability.</p> <div data-bbox="407 816 557 970"> </div> <p data-bbox="581 863 662 890">CHILLS</p> <div data-bbox="407 984 557 1138"> </div> <p data-bbox="581 1005 1523 1104">HEADACHE that is new and persistent, unusual, unexplained, or long-lasting Not related to other known causes or conditions (e.g., tension-type headaches, chronic migraines)</p> <div data-bbox="407 1152 557 1306"> </div> <p data-bbox="581 1178 1468 1243">CONJUNCTIVITIS (pink eye) Not related to other known causes or conditions (e.g., blepharitis, recurrent styes)</p> <div data-bbox="407 1320 557 1474"> </div> <p data-bbox="581 1312 1321 1474">FATIGUE, LETHARGY, OR MALAISE (general feeling of being unwell, lack of energy, extreme tiredness) that is unusual or unexplained Not related to other known causes or conditions (e.g., depression, insomnia, thyroid dysfunction, anemia, malignancy)</p> <div data-bbox="407 1488 557 1642"> </div> <p data-bbox="581 1509 1435 1608">MYALGIAS (muscle aches and pain) that are unexplained, unusual, or long-lasting Not related to other known causes or conditions (e.g., fibromyalgia)</p> <div data-bbox="407 1656 557 1810"> </div> <p data-bbox="587 1682 1360 1780">DECREASED OR LACK OF APPETITE For young children and not related to other known causes or conditions (e.g., anxiety, constipation)</p>



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://www.ottawapublichealth.ca/CovidMentalHealth)

Class Section 22 – What Does it Mean for Me?

<https://www.ottawapublichealth.ca/en/public-health-topics/resources/2020-09-22--Class-Section-22-Order-September-20-2020---Updated-1-30pm.pdf> [This links to the Class Order Section 22.]

The "class order" directs people to stay home and self-isolate until they are not contagious (able to spread the infection to others). The purpose is to reduce the spread of COVID-19 and protect the health of everyone in Ottawa. The goal of this order is to provide authority to gather information in situations that may lead to COVID-19 spread and, in the rare occasions, to hold individuals responsible who are unreasonably ignoring the Public Health guidance and knowingly putting others at risk. A person who knowingly ignores this class order to self-isolate can be charged and fined up to \$5,000 per day and Police may be called upon to assist.

The class order is directed to:

- People with symptoms of COVID-19.
- People who tested positive for COVID-19.
- People in recent close contact with someone who tested positive for COVID-19. This includes caregivers and household members.

The class order does not apply to:

- People who do not meet the criteria above but are still getting tested.

More About COVID-19

For more information on COVID-19 in Ottawa, including the latest up-to-date information, please visit:

[OttawaPublicHealth.ca/Coronavirus](https://www.ottawapublichealth.ca/Coronavirus)

For more information specific to Schools and COVID-19, including Frequently Asked Questions (FAQs) by parents and caregivers, please visit: [OttawaPublicHealth.ca/SchoolsCOVID19](https://www.ottawapublichealth.ca/SchoolsCOVID19)

Download COVID Alert today to stop the spread and stay aware, please download the app here:

<https://covid-19.ontario.ca/covidalert>

This PDF is available online at: [OttawaPublicHealth.ca/TestedWhatNow](https://www.ottawapublichealth.ca/TestedWhatNow)

