

TESTED, WHAT NOW?

Step 1

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

	Category Yellow	Category Orange	Category Red
Why did <u>you</u> or <u>your child</u> come to get tested today?	"I/my child have/has symptoms , but have had no close contact* with anyone who tested positive for COVID-19"	"I 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	Close contact* with someone who tested positive for COVID-19 AND/OR 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 AND/OR I/my child has received a letter from OPH advising me/my child to get tested
	AND	AND	AND
Do you have symptoms of COVID-19? →	At least one symptom	NO symptoms	At least one symptom
Testing Category	↓ Category Yellow	↓ Category Orange	↓ Category Red

* What is a close contact?

- A close contact (also known as a high-risk contact), is someone who was exposed to a person who tested positive for COVID-19. Exposures can occur in your home, in other indoor places or even outdoors when physical distancing is difficult to maintain and when spending longer periods of time together.
- 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 in these settings directly.
- If you are identified as a high-risk contact, Ottawa Public Health (OPH) will notify you by letter, telephone call or an automated call.
- In some situations, OPH may ask an individual who has tested positive to notify their own high-risk contacts.

Step 2

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

Testing Category	Category Yellow	Category Orange	Category Red
<p>Do I need to self-isolate while I wait for my results?</p>	<p>You MUST self-isolate until you receive your test result.</p> <p>Do NOT return to daycare/school/work in-person.</p> <p>Please see Self-Isolation below</p>	<p>If you are not fully vaccinated**, you MUST self-isolate.</p> <p>Do NOT return to daycare/school/work in-person.</p> <p>If you are fully vaccinated**, you do not need to self-isolate. You may attend school/work in-person, but you MUST report your exposure to your workplace. You should avoid any non-essential visits to settings with vulnerable populations (such as visiting a long-term care home) for 10 days after your last exposure. You may attend work or school, but ensure that you are self-monitoring for symptoms, continuing to wear a mask and physical distance.</p> <p>Please see Self-Isolation below</p>	<p>You MUST self-isolate.</p> <p>Do NOT return to daycare/school/work in-person.</p> <p>Please see Self-Isolation below</p>
<p>Should I notify my household contacts*** before I get my test result?</p>	<p>Please advise your household contacts*** who are not fully vaccinated** to self-isolate until you have your test result.</p> <p>Your household contacts who are fully vaccinated** are not required to self-isolate.</p>	<p>If you are not fully vaccinated**, you are required to advise your household contacts*** who are not fully vaccinated to stay home, except for essential reasons**** during your isolation period.</p> <p>If you are fully vaccinated**, your household contacts are <u>not</u> required to stay home except for essential reasons.</p> <p>If you develop symptoms your Testing Category changes to Red, and you must follow the instructions in the Red category.</p>	<p>Please advise your household contacts*** who are not fully vaccinated** to self-isolate until you have your test result.</p> <p>Your household contacts who are fully vaccinated** are not required to self-isolate.</p>
<p>When can I end self-isolation?</p>	<p>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. If you have diarrhea or vomiting, these symptoms must be resolved for at least 48 hours prior to returning to childcare or school.</p>	<p>Tested Positive: If you are fully vaccinated** and have not been required to self-isolate prior to receiving your test result, start self-isolation.</p> <p>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.</p> <p>If you develop symptoms, OPH will advise when you can end self-isolation.</p>	<p>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.</p> <p>If you have diarrhea or vomiting, these symptoms must be resolved for at least 48 hours prior to returning to childcare or school.</p>

Testing Category	Category Yellow	Category Orange	Category Red
<p>When can I end self-isolation?</p>	<p>Tested Negative: You can end self-isolation after you have no fever and your symptoms have been improving for at least 24 hours without fever-reducing medications.</p> <p>If you have diarrhea or vomiting, these symptoms must be resolved for at least 48 hours prior to returning to childcare or school.</p>	<p>Tested Negative: if you are not fully vaccinated** you can end self-isolation ten (10) days from your last exposure to the person who tested positive.</p> <p>If you are fully vaccinated** you are not required to self-isolate, but you are required to self-monitor for symptoms, avoid non-essential visits to settings with vulnerable populations (e.g., visits to long-term care homes), and continue to wear masks and physically distance for ten (10) days from your last exposure to the person who tested positive.</p> <p>If you develop symptoms after a negative test result, your Testing Category changes to Red and you must follow the instructions in the Red category.</p> <p>Retesting immediately is recommended if you develop symptoms.</p>	<p>Tested Negative: If you are not fully vaccinated** you can end self-isolation ten (10) days from your last exposure to the person who tested positive, as long as your symptoms have improved for at least 24 hours without fever-reducing medications.</p> <p>If you are fully vaccinated** then you can stop isolating once your symptoms have improved for at least 24 hours without fever-reducing medications. You are required to self-monitor for symptoms, avoid non-essential visits to settings with vulnerable populations (e.g., visits to long-term care homes), and continue to wear masks and physically distance until ten (10) days from your last exposure to the person who tested positive.</p> <p>If a child’s symptoms included vomiting or diarrhea, these symptoms must be resolved for 48 hours prior to returning to school or childcare.</p> <p>If you develop new symptoms or have ongoing symptoms, re-testing is recommended.</p>
<p>If I test negative, when can my household contacts*** end self-isolation?</p>	<p>If your test result is negative, please notify your household contacts who were required to self-isolate that they can stop isolating.</p>	<p>If your test result is negative and you are not fully vaccinated,** your household contacts are still required to stay home except for essential reasons**** during your isolation period. This only applies to household contacts who are not fully vaccinated.**</p> <p>If you are fully vaccinated,** your household contacts are not required to self-isolate or stay home except for essential reasons.****</p>	<p>If your test result is negative and you are not fully vaccinated,** your household contacts are still required to stay home except for essential reasons**** during your isolation period. This only applies to household contacts who are not fully vaccinated.**</p> <p>If you are fully vaccinated,** your household contacts are not required to self-isolate or stay home except for essential reasons.****</p>



Testing Category	Category Yellow	Category Orange	Category Red
If I test positive, what happens next?	You need to start or continue self-isolating immediately. OPH will call you with further information, including when you can end self-isolation. While waiting for your phone call from OPH, please tell any close contacts* and household contacts*** who are not fully vaccinated** that they will also need to self-isolate for 10 days from their last exposure to you. This includes all close contacts you have had from 2 days (48 hours) before you developed symptoms or before your test date if you do not have symptoms, up until the time that you started self-isolation. Refer your close contacts to Ottawa Public Health’s webpage on self-isolation at: OttawaPublicHealth.ca/Self-Isolate		

**** Who is considered fully vaccinated?**

You may consider yourself fully vaccinated when it has been 14 days after receiving:

- Your second dose of an accepted two-dose COVID-19 vaccine series or a combination of accepted vaccines (e.g. Moderna, Pfizer-BioNTech, AstraZeneca/COVISHIELD); **OR**
- Your only dose of the single-dose COVID-19 vaccine series of Janssen (Johnson & Johnson); **OR**
- A complete COVID-19 vaccine series that is listed for emergency use by the World Health Organization.
- If you are immunocompromised, (e.g., organ or stem cell transplantation recipients, undergoing chemotherapy or immunosuppressive therapies), call Ottawa Public Health 613-580-6744 for further guidance.

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

A household contact is anyone who lives with the person being tested or a person who tests positive (identified as “you” for remainder of this handout) like parents, siblings, or roommates. This includes other persons who may have similar contact with you such as partners living in other households or someone who had an overnight stay in your home.

****** What are essential reasons to leave home?**

Essential reasons to leave the home would include essential work, school, childcare, getting groceries, attending medical appointments, and picking up prescriptions. This applies to individuals who are not fully vaccinated** and who are household contacts of those in the **Orange** and **Red** categories who are waiting for their test results or have a negative test. Those who are self-isolating (due to testing positive, a known exposure to COVID-19, or symptoms in themselves or a household member) must only leave the home to seek emergency medical attention.

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** or the **Coventry Drive Thru** can access their results through MyChart – visit <https://epicapps.toh.ca/mychart/> for results.
- Persons tested at the **Moodie**, and **Ray Friel COVID-19 Testing and Care Centres** can access their results through the Connected Care Patient Portal – visit <https://connectedcare.mychamp.ca/> 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.
- Ottawa Public Health (OPH) will follow up with 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.

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. Wear a cloth or medical mask if you must leave your house to see a health care provider.
- Do your best to protect other people in your home from exposure, including children. If possible, you should stay in a separate room and use a separate bathroom.



- Do not have visitors. If you must be in contact with others, wear a mask and practice physical distancing to keep at least two metres (6 feet) between yourself and the other person.
- 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 (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).
- 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.*
- “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.

When to seek medical care or go to the Emergency Department:

- 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.

Take Care of Your Mental Health, Too!

The COVID-19 pandemic 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.

More About COVID-19

- For more information on COVID-19 in Ottawa, including the latest up-to-date information, please visit: OttawaPublicHealth.ca/Coronavirus.
- For more information on COVID-19 Vaccines in Ottawa, including the latest up-to-date information, FAQs and clinics, please visit: OttawaPublicHealth.ca/COVID19Vaccine.
- For more information specific to Schools and COVID-19, including Frequently Asked Questions (FAQs) by parents and caregivers, please visit: 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>.