



Follow-up Instructions for Individuals Tested for COVID-19

Hand wash frequently, practice social distancing and wear a mask appropriately in public. Avoid contact with anyone outside your social circle.

- **If you have symptoms**, you are required to self-isolate until your test results come back. See back of page for self-isolation information.
- **If you have travelled outside of Canada or have had contact with someone with COVID-19**, you are considered HIGH RISK and you MUST self-isolate for 14 days regardless of your swab result.
- **If you have received notification from the COVID-19 app**, follow local public health authority instructions.
- **If you do NOT have symptoms** and have NOT been contacted by Public Health (e.g. not exposed to a positive case, not part of an outbreak or have not travelled outside of Canada), self-isolation is not required.

Accessing your results

Please be accessible by phone, as Public Health may need to contact you very quickly to communicate a result and/or collect more information

You will ONLY receive a phone call from Public Health if your test is positive.

Due to high demand, it may take up to six days for the results to be available. Please use one of the following options to access your results:

1. **Public Health Ontario COVID-19 results website** <https://covid-19.ontario.ca/>
You will need your OHIP number to register to view results.

2. **Call your primary care provider**

If you do not have a valid OHIP number or are having difficulty accessing results, please leave us a message at 905-472-7373 x6550. **Please do not leave urgent messages on this voicemail.**

- **If you are positive**, you will receive a phone call from Public Health. Please contact York Region Public Health with questions at 1-877-464-9675.
- **If you are negative**, please continue to self-isolate until you are symptom-free for 24 hours. If your symptoms persist, please contact your primary care provider for a follow-up assessment. If you do not have a primary care provider, you can reach a primary care physician on www.seethedoctor.ca a virtual clinic created by the Ontario Medical Association.

Visit York.ca/covid19 or Ontario.ca/coronavirus for more information.

How to Self-Isolate

Stay home



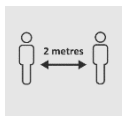
- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public spaces.

Wear a mask over your nose and mouth



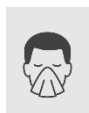
- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people.
- If the mask becomes wet or dirty change the mask immediately.
- Wash your hands after removing the dirty mask and before putting on the clean mask.

Avoid contact with others



- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if possible.
- Make sure that shared rooms have good airflow (e.g. open windows).
- Avoid sharing any personal items that can come into contact with saliva, such as toothbrushes, eating utensils, cups/bottles, towels, and bedding.
- No visitors unless essential (e.g. care providers).
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiencies)
- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.
- Cough or sneeze into your upper sleeve or elbow, not your hand.

Cover your coughs and sneezes



- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a lined wastebasket, and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket, wash your hands.

Wash your hands



- Wash your hands often with soap and water. Be thorough. Wash for at least 15 seconds and include between your fingers, under your fingernails and wrists.
- Dry your hands with a paper towel, or with your own cloth towel that no one else uses.
- Use an alcohol-based hand sanitizer if soap and water are not available.