![Peterborough Public Health logo]

Peterborough Public Health

Serving the residents of **Curve Lake** and **Hiawatha First Nations**, and the **County** and **City of Peterborough**

TESTED!   Now what?

Follow-up Instructions for Individuals Tested for COVID-19

Why was I tested?

I have no symptoms, but I am a contact of a case OR I have recently travelled.

- You must self-isolate from others for 14 days after you last had contact with the case or arrived back in Peterborough, even if your test result is negative.
- After the 14 days you should continue to physical distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often and continue to self-monitor and get re-tested as soon as a sign or symptom develops.

I have symptoms, but I am not a contact of a case and I have not travelled.

- You must self-isolate away from others while waiting for your test results.
- If your test is negative, you may stop self-isolating after you are symptom-free for 24 hours. You should continue to physical distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often and continue to self-monitor and get re-tested as soon as a sign or symptoms develops.

I have symptoms and I am a contact of a case OR I have recently travelled.

- You must self-isolate from others for 14 days from the first day your symptoms started, or from when you arrived back in Peterborough, even if your test result is negative.
- After the 14 days you should continue to physical distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often and continue to self-monitor and get re-tested as soon as a sign or symptoms develops.

I have no symptoms, I am not a contact of a case and I have not travelled.

- You are not required to self-isolate while waiting for your test results.
- If your test result is negative you should continue to physical distance from others, wear a cloth mask when physical distancing is not possible, wash your hands often and continue to self-monitor and get re-tested as soon as a sign or symptoms develops.

Self-care while isolating

- Stay home except to get medical care.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medication as directed, such as acetaminophen (Tylenol), to help you feel better.
- Keep your area well ventilated, if possible open windows and avoid tobacco or other smoke.
- For support to quit/reduce smoking, talk to your health care provider and refer to "Quit Smoking Help in Peterborough by visiting www.peterboroughpublichealth.ca │ Your Health │ Smoking and Vaping │ Quit Smoking and Tobacco Counselling │ Resources.

- Stay connected with friends and family by phone or computer.
- For more information, refer to How to Self-isolate by searching "Public Health Ontario, Guide on How to Self-isolate".
- For advice for your caregivers, please refer to Self-isolation: Guide for caregivers, household members and close contacts by searching "Public Health Ontario, Guide to Self-isolation".

More about COVID-19
- Some people can be infected and stay symptom-free. Some can test positive and then develop symptoms.
- The majority of COVID-19 cases will be mild. If you suffer from chronic diseases like diabetes, heart or lung disease, or if you are 70 years of age or older, you are at greater risk for more serious and severe illness. Whether asymptomatic or ill, you are considered infectious and can still pass the virus on to someone else until you have been cleared by a public health nurse.
- It is important to monitor your symptoms of COVID-19. If your symptoms are worsening, and you are concerned, contact Telehealth at 1-866-797-0000 or your health care provider.
- If you need urgent medical attention, for example: "If you feel chest pain, short of breath, or have difficulty breathing, call 911 and tell them you have tested positive for COVID-19."

How to get your test results
- A test result will be usually be available in 2-10 days.
- For your test results, visit covid-19.ontario.ca and click on "check your lab results".
- **You will not be contacted if your test result is negative.**
- **Peterborough Public Health will contact you only if your test result is positive. A public health nurse will call you to conduct contact tracing and then each day during this period and advise you on when you can complete your self-isolation.**

What does a negative test mean?
- If you test negative for COVID-19, you did not have detectable virus at the time your sample was collected. This does not mean you will not get sick. It also does not mean that you will not be exposed to, test positive for or become sick with COVID-19 at any time after your test.
- The test result only means that you did not have detectable COVID-19 at the time of testing.

What does a positive test mean if I don't have symptoms?
- When there is virus in the sample, the test is very effective at picking it up. Even if a person with COVID-19 has fully recovered and is no longer contagious, they may still test positive.
- The significance of a positive test if you have never had symptoms is still unknown. You should self-isolate and monitor for symptoms as directed by Peterborough Public Health.

Can the test determine if I had COVID-19 in the past (but not now)?
- No. This is not an antibody/serology test. This swab test only determines if you have COVID-19 at the time the test is collected. Currently, antibody/serology tests are not yet available in Ontario.

For questions or more information, call 705-743-1000
or visit peterboroughpublichealth.ca/covid19