Updated March 1, 2021

Follow-up Instructions for Individuals Tested for COVID-19

Why was I tested?

I am a health care worker

- The guidance below does not apply to health care workers. Refer to COVID-19 Quick Reference Public Health Guidance on Testing and Clearance and follow up with your Occupational Health and Safety Department, if applicable.

I work in or attend a school (JK – grade 12) or have children that attend school

- If you work in or attend a school or have a child in school, please see further guidance in the Follow up Instructions for School Students, Staff and Visitors Tested for COVID-19.

Follow-Up Instructions

	I am a close contact of a COVID-19 case OR I have travelled outside Canada in the past 14 days	I am NOT a close contact of a COVID-19 case AND I have NOT travelled outside Canada in the past 14 days
I have symptoms	- Self-isolate while waiting for your test results. - If your test is negative, self-isolate for 14 days from the last day you had contact with the case or from the day you arrived back in Ontario. - If you had a negative test that was done before day 7 of your self-isolation, repeat the test on or after day 10 of your self-isolation period. - If your test is positive, you must stay home and self-isolate for 10 days* after your symptoms started. After 10 days* you can stop self-isolating if you do not have a fever and your symptoms are improving for at least 24 hours.	- Self-isolate while waiting for your test results. - If your test is positive, self-isolate for 10 days* after your symptoms started. After 10 days* you can stop self-isolating if you don't have a fever and your symptoms are improving for at least 24 hours. - If your test is negative, you may stop self-isolating if you no longer have a fever and your symptoms are improving for at least 24 hours. - Household members should also self-isolate while you are waiting for your test results. If you test positive, they must also self-isolate for 14 days from their last contact with you and be tested at an Assessment Centre on or after day 10 of their self-isolation.

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	I am a close contact of a COVID-19 case OR I have travelled outside Canada in the past 14 days	I am NOT a close contact of a COVID-19 case AND I have NOT travelled outside Canada in the past 14 days
I have symptoms (con't)	• Household members should also self-isolate while you are waiting for your test results. If you test positive, they must continue to self-isolate for 14 days from their last contact with you and be tested at an Assessment Centre on or after day 10 of their self-isolation.	
I don't have symptoms	• Self-isolate for 14 days from the last day you had contact with the case or from the day you arrived back in Ontario, even if your test result is negative, as this is how long it can take for symptoms to appear. • If you are a close contact of a case of COVID-19 and had a negative test that was done before day 7 of your self-isolation, repeat the test on or after day 10 of your self-isolation period. • If you only received an exposure notification through the COVID Alert app, you are not required to self-isolate if your test result is negative. • Household members should stay home except for essential reasons while you are self-isolating. If you test positive, they must also self-isolate for 14 days from their last contact with you and be tested at an Assessment Centre on or after day 10 of their self-isolation.	• You are NOT required to self-isolate while waiting for your test results. • If your test is positive, self-isolate for 10 days* after the day of your test. • Household members may go to work if they do not have symptoms. If you test positive, they must also self-isolate for 14 days from their last contact with you and be tested at an Assessment Centre on or after day 10 of their self-isolation.

* Self-isolate for 20 days if you were hospitalized and required ICU level care or have a severely weakened immune system (e.g. you are undergoing cancer chemotherapy). Self-isolate for 14 days if you have tested positive for COVID-19 upon returning from abroad.

NOTE: For all above scenarios, when you finish self-isolating, continue to [physically distance](#) from others, clean your hands often, [self-monitor,](#) and get re-tested if you develop one of more COVID-19 [symptoms](#). Also wear a [mask or face covering](#) in all indoor public spaces (as per City of Toronto [by-law and O. Reg 364](#)) and when physical distancing is not possible.

Testing after travelling abroad

Travellers from abroad must be tested for COVID-19 on or after day 10 of their mandatory quarantine period using an At Home Specimen Collection Kit. Further information about returning to Canada from abroad can be found on the [Government of Canada website](#).

How to get your test results

Use the same identification that you used at the assessment centre to get your results.

- With an Ontario health card:
  - Visit [covid-19.ontario.ca](#) and click on "check your results."
  - Follow the prompts and enter all requested information.
- Without an Ontario health card:
  - Some assessment centres provide a test label that includes your Medical Reference Number and a Verification Code that will enable you to get your results online. If you are provided with both a Medical Reference Number and a Verification Code, visit [covid-19.ontario.ca](#), click on "check your results," and select "Other or no identification."
  - If you did not receive a test label with a Medical Record Number and Verification code, please call the assessment centre where you received your test to get your results.
- Toronto residents who have trouble getting their results may contact Toronto Public Health (TPH) at 416-338-7600.
- If your test result is positive, the assessment centre and/or TPH will contact you to let you know when you can stop self-isolating. If there is a discrepancy between the isolation dates provided by the assessment centre and TPH, you must follow TPH directions, as per the [Section 22 Class Order](#).

What does "close contact of a case" mean?

- A close contact of a case is someone who, in the last 14 days, has been in close physical contact with someone who has tested positive for or has symptoms of COVID-19.
- Close physical contact includes:

- being less than two metres/six feet away in the same room, workspace, or area for over 15 minutes;
- living in the same home; and
- if you are a health care worker, providing care to the individual without consistently wearing the appropriate personal protective equipment.

What does a negative test mean?

- If you test negative for COVID-19 it means that you did not have detectable virus at the time your sample was collected.
- A negative test does not mean that 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 in the future.

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. Individuals who have tested positive are not recommended to be re-tested if they have completed self-isolation and do not have symptoms.
- The research on COVID-19 is still evolving.
- The significance of a positive test if you have never had symptoms is still unknown.
- You should self-isolate and monitor for symptoms when you have tested positive, even if you don't have symptoms.

Can the test tell me if I had COVID-19 in the past (but not now)?

- No, the test only determines if you have COVID-19 at the time the test is conducted.
- Tests to determine if someone had COVID-19 in the past are not available in Ontario.

More Information

For more information, visit our website at: www.toronto.ca/COVID19 or call us at 416-338-7600.