

You were tested for COVID-19: What you should know

Check your test results online: [TBDHU.com/testinginfo](https://www.tbdhu.com/testinginfo)
(Click the link for “Ontario’s COVID-19 Test Results Viewer” in the top box)

NOTE: It may take up to 5 days to get your test results back.
If your results come back negative for COVID-19, you will not be contacted.

What to do while you’re waiting for your test results:

- A. If you **have (or had) symptoms of COVID-19 or may have been exposed*** to COVID-19, you should be **self-isolating while you wait for your results**. See instructions for self-isolating on the next page, including the requirements for close contacts (e.g. household members).
- B. If you **have not had symptoms of COVID-19 and have not been exposed*** to COVID-19, both you and your close contacts (e.g. household members) **do not need to self-isolate** and should continue to follow the general COVID-19 infection prevention and control measures as listed on the next page.

What to do once you get your test results back:

1. If your result is negative and you:

- a. **Had an exposure* to COVID-19** → Continue to self-isolate for 14 days from your last exposure, regardless of the results.
- b. **Have not had an exposure* and have had symptoms of COVID-19** → Continue to self-isolate until 24 hours after your symptoms are gone.
- c. **Have not had an exposure* and have not had symptoms of COVID-19** → Continue to follow all general COVID-19 prevention and control measures. You can discontinue self-isolation.

2. If your result is positive:

TBDHU will contact you if you test positive for COVID-19. TBDHU will provide guidance about self-isolation for yourself and your close contacts, and will advise about when it is okay to come out of self-isolation.

Help to contain the spread of the virus by entering the names of anyone you have been in contact with and the places you have visited on the results webpage. Look for the **CONTACT+** tab and follow the instructions. When you receive your COVID-19 Alert key code, enter it into the COVID-Alert app on your mobile device.

If you develop new symptoms or if your symptoms get worse, immediately contact your health care provider or the closest COVID-19 assessment centre and follow their instructions. If your symptoms are worsening to a point where you cannot manage at home, go to your nearest emergency department (ER) and/or call 911.

If your symptoms are not improving after the 14 day self-isolation period, continue to self-isolate and follow up with your health care provider. You must continue to self-isolate until your symptoms are gone.

*Exposure: International travel, contact with a confirmed case of COVID-19, worked or attended a facility that is under an outbreak of COVID-19 in the past 14 days.

For more information visit [TBDHU.com/coronavirus](https://www.tbdhu.com/coronavirus) or call TBDHU at (807) 625-5900 or Toll-Free at 1 (888) 294-6630

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Instructions for Self-Isolating

- **Stay inside your home.** Do not exit your house for any reason, except to get medical attention.
- If you need to seek medical attention, always keep 2 metres (6 feet) of physical distance from others and use a mask or face covering.
- You should not self-isolate in a place where there are people at higher risk, including people who have a medical condition, compromised immune systems, or who are 70 years of age or older.
- While inside, separate yourself from others as much as possible, including children. Use a mask or face covering if you cannot maintain a 2 metre distance. Clean and disinfect commonly touched surfaces frequently (at least twice daily).
- If you live in an apartment or condo, do not go into any communal or shared areas, such as hallways, gyms, public washrooms, elevators, stairwells, laundry rooms, etc.
- If you need groceries, medication or other essential items, arrange to have someone else who is not self-isolating do this for you. Have items left at your door to minimize contact. If you can't find someone to do this, call 211 or visit www.211north.ca.
- Always follow general COVID-19 prevention and control measures (see below).
- **Close contacts** (e.g. household members) of someone who is **self-isolating with symptoms**:
 - **Self-isolate** if the person being tested had an exposure (international travel, contact with a confirmed case of COVID-19, worked or attended a facility that is under an outbreak of COVID-19 in the past 14 days).
 - **Self-monitor** if the person being tested did not have an exposure
 - If a close contact develops symptoms, they should self-isolate immediately and seek testing.
 - Close contacts can discontinue self-isolating OR self-monitoring if the COVID-19 test for the person with symptoms is negative.

General COVID-19 Prevention and Control Measures

- **Stay home when you're feeling sick.** Do not go to work or into any public places if you are not feeling well. Know the [symptoms](#) and if you have any symptoms, even if mild, self-isolate immediately and seek testing.
- **Practice physical distancing** with people outside of your household/social circle. Avoid social places and keep 2 metres apart.
- **Use a mask or face covering** when in enclosed public spaces or when physical distancing is not possible. The mask or face covering should cover your nose, mouth and chin.
- **Continue washing your hands or use hand sanitizer.**
- **Cover your mouth and nose when you sneeze or cough.** Use your sleeve or a tissue.
- **Clean frequently touched surfaces with disinfectant** (e.g. door handles, cell phones, etc.).

Mental Health and Wellbeing

Your mental health matters! If you are experiencing mental health concerns during COVID-19, visit TBDHU.com/mentalhealth for information on credible resources that can help.