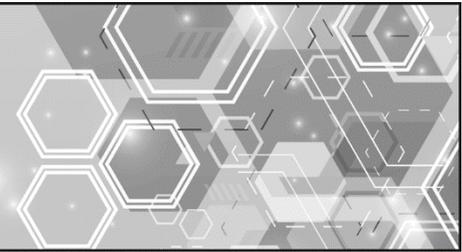




Durham Region Health Department
Facts about...



Instructions for individuals tested for COVID-19

Instructions while waiting for results:

| Reason for Testing: | While waiting for your test result: | If your test is negative: |
|---|--|---|
| <p>Symptoms, known exposure and fully vaccinated</p> | <p>You must self-isolate from others while waiting for your test result.</p> <p>Household members do not need to self-isolate if they are fully vaccinated.</p> <p>Household member must self-isolate if they are not fully vaccinated.</p> | <p>You may stop self-isolating if your symptoms are resolving and you are fever free for 24 hours, or 48 hours for gastrointestinal symptoms (nausea, vomiting/diarrhea).</p> <p>Household members do not need to self-isolate.</p> |
| <p>Symptoms, known exposure and not fully vaccinated</p> | <p>You must self-isolate from others while waiting for your test result.</p> <p>Household members do not need to self-isolate if they are fully vaccinated.</p> <p>Household member must self-isolate if they are not fully vaccinated.</p> | <p>You must self-isolate for 10 days after your last exposure to a case.</p> <p>Household members who are not fully vaccinated must stay at home except for essential reasons (i.e. work, school) during your isolation period</p> |

| Reason for Testing: | While waiting for your test result: | If your test is negative: |
|--|--|---|
| <p>Symptoms, no known exposure</p> | <p>You must self-isolate from others while waiting for your test result.</p> <p>Household members do not need to self-isolate if they are fully vaccinated.</p> <p>Household members who are not fully vaccinated must self isolate while you are awaiting test results.</p> | <p>You may stop self-isolating if you receive a negative test result and you are fever free and symptoms are resolving for 24 hours, or 48 hours for gastrointestinal symptoms (nausea, vomiting/diarrhea).</p> <p>Household members do not need to self-isolate.</p> |
| <p>No symptoms, known exposure and fully vaccinated</p> | <p>You are not required to self-isolate.</p> <p>Household members do not need to self-isolate.</p> | <p>Continue to self-monitor and get re-tested if you develop symptoms.</p> |
| <p>No symptoms, known exposure and not fully vaccinated</p> | <p>You must self-isolate from others while waiting for your test result.</p> <p>Household members do not need to self-isolate if they are fully vaccinated.</p> <p>Household members who are not fully vaccinated must stay at home except for essential reasons (i.e. work, school) during your isolation period.</p> | <p>You must self-isolate for 10 days after your last exposure to a case.</p> <p>Household members who are not fully vaccinated must stay at home except for essential reasons (i.e. work, school) during your isolation period.</p> |



| Reason for Testing: | While waiting for your test result: | If your test is negative: |
|--|---|--|
| <p>To identify additional cases of COVID-19 associated with an outbreak: You have no symptoms. Results are used to detect outbreaks and monitor spread in priority populations in workplaces and community settings.</p> | <p>You are not required to self-isolate while waiting for your test result.</p> <p>Household members do not need to self-isolate.</p> | <p>Continue to self-monitor and get re-tested if you develop symptoms.</p> |
| <p>No symptoms, <u>no known exposure</u>: You are part of the Ministry of Health targeted testing (e.g. some visitors to long-term care homes, indigenous communities, international students, priority communities).</p> | <p>You are not required to self-isolate while waiting for your test result, regardless of your vaccination status.</p> <p>Household members do not need to self-isolate.</p> | <p>Continue to self-monitor and get re-tested if you develop symptoms.</p> |

What does “fully vaccinated” mean?

You are fully vaccinated when you have completed your full COVID-19 vaccine series (or any combination of vaccines) authorized by Health Canada; one or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of an mRNA vaccine authorized by Health Canada; or three doses of a COVID-19 vaccine not authorized by Health Canada and received a final dose of the COVID-19 vaccine a least 14 days ago.

What are the symptoms?

COVID-19 symptoms include fever (temperature of 37.8 degrees Celsius or greater), chills, new or worsening cough, shortness of breath, changes to taste or smell. Children under 18 may also experience nausea, vomiting, and/or diarrhea. Adults over 18 may experience symptoms of fatigue (generally feeling unwell or tired), or muscle aches and pain. Other symptoms may include sore throat, runny nose, stuffy nose, abdominal pain, headache, pink eye or decreased appetite.

What should I do if my symptoms get worse?

If your symptoms persist or worsen, and an initial COVID-19 test is negative, you should complete the online assessment form (covidswab.lh.ca) for another assessment to determine the need for another test. If you have worsening symptoms (such as difficulty breathing, chest pain) call 911 or go to your local emergency department.

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How do I get my test result?

Your results can take up to **3** days to be available on the [Ontario.ca](https://ontario.ca) website

- If your COVID-19 test result is positive, you are required to self-isolate and will receive calls from the Health Department. You will be required to provide information about your high-risk contacts.
- **If you have a green photo health card:** go online to the Ontario government COVID-19 test results website (<https://covid-19.ontario.ca/index.html>). It may take up to **3 days** for results to be posted on the website.
- **If you were tested at a COVID Assessment Centre** and have been unable to access your results online, call the COVID Assessment results line or contact your Primary Care Provider at least 3 days after you have been tested.

COVID Assessment results line 905-721-4842

Provide the following in your voice mail:

- Full Name
- Health Card Number
- Date of Test
- Phone Number

For information about COVID-19 visit durham.ca/Covid-19

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905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

