Information for Patients Who Were Not Eligible for COVID-19 Testing

You were not tested for COVID-19 today.

Read this brochure to learn more about:

- Why you were not tested
- What are your next steps
- Where to go for more information

Why wasn’t I tested for COVID-19 today?

As cases of COVID-19 increase in the community, we understand that you may want to be tested when you are feeling unwell or nervous. We are following the Government of Ontario’s guidelines to test those at highest risk. This will help make sure there is no shortage of supplies.

Even though you are not getting tested today, we still recommend staying at home in self-isolation to avoid spreading COVID-19.
If I’m not tested, could I still have COVID-19?

Yes. Given the broad spread of the virus, you may still have COVID-19.

However, since the illness is generally mild in most people, advice for what to do remains the same with or without a test. The most important thing to do is to **self-isolate** to stop the spread of germs and prevent others from getting sick. Stay at home and avoid non-essential contact with others for at least 14 days **AND** until you are symptom-free for at least 48 hours.

**What is considered essential contact?**

Essential contact only includes going to see your health care provider. Anything else is considered non-essential and you should not leave your house at this time.

There is more information about self-isolation on the next page or at the Toronto Public Health’s COVID-19 Health Advice website: [https://www.toronto.ca/home/covid-19/covid-19-health-advice/](https://www.toronto.ca/home/covid-19/covid-19-health-advice/).

---

If you develop shortness of breath, chest pain, drowsiness, or become confused, call 911 or go to your nearest Emergency Department.

---

**What if I might have COVID-19 and live with other people?**

If you have symptoms of COVID-19, the people you live with and your close contacts will need to also self-isolate for **14 days** from when **your** symptoms started.

This also includes people you had close contact with in the two days before your symptoms started. For example, if your symptoms started on Monday, March 30th, anyone you were in close contact with since Saturday, March 28th will also need to self-isolate for 14 days.

Where can I get more information?

For more information on COVID-19 or other health topics, visit www.uhnpatienteducation.ca.

You can access your health record online through myUHN Patient Portal, a secure website for UHN patients. With myUHN, you can access your UHN appointments, lab results, clinic notes and reports as soon as they become available from your computer, smartphone or tablet. For more information or to get your registration code, contact myUHN Support:

- Phone: 416 340 3777
- Email: myUHN@uhn.ca