I Was Tested for COVID-19 Today. What Are My Next Steps?

For patients who were tested for COVID-19 at the Emergency Department or Assessment Centre

Read this brochure to learn more about:

- What to do before you leave and when you get home
- When you will receive your test results
- What your test results mean

Before you leave the hospital or Assessment Centre

1. Get registration information for myUHN Patient Portal, a secure website for UHN patients. The website lets you safely see your appointments and results from all UHN sites as soon as they are ready, including the results from your COVID-19 test.

Before you leave today, ask for a unique registration code to sign up
for myUHN Patient Portal. Ask your nurse or the ward clerk to print your code.

If you do NOT receive your code before you leave, call 416 340 3777 or email myUHN@uhn.ca to get one. Note: myUHN office hours are Monday to Friday, 8:30 am to 5:00 pm.

2. Confirm that we have the right information to reach you:

- your phone number is correct in your chart. We may call you to follow up about your test results.
- your primary care provider (your family doctor or nurse practitioner) is correct in your chart, so that we can send your results to the right place.

3. Wear a mask until you get home.

**What do I do when I get home?**

The most important thing to do is to **self-isolate**. Self-isolating stops the spread of germs and prevents others from getting sick. Stay at home and avoid non-essential contact with others until you get the result of your COVID-19 test.

**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.

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

If you call an ambulance or go to the Emergency Department, wear a mask and tell the 911 operator or the triage nurse at the hospital that you have been tested for COVID-19.

**When will I get my test result?**

You will receive your results as soon as they are ready. This could be between 2 to 4 days, or longer. The time it takes to get results is changing every day, as the testing labs get busier.

If the test shows that you have COVID-19, we will call you. You can also get your results online through the myUHN Patient Portal or by calling the Toronto Public Health COVID-19 Hotline at 416 338 7600.

Do not call the Emergency Department or the Assessment Centre for your test results. We are not able to release this information over the phone if you call.

**myUHN says COVID-19 is “detected”. What do I do?**

Continue to self-isolate until you receive a call from Public Health with further instructions. In the meantime, you can find information on self-isolation from Toronto Public Health at [https://www.toronto.ca/home/covid-19/covid-19-health-advice/](https://www.toronto.ca/home/covid-19/covid-19-health-advice/).

Your caregivers, household members, and close contacts also need to self-isolate for **14 days** from when **your** symptoms started. If one of your contacts develops symptoms, they can call Toronto Public Health COVID-19 Hotline for advice at 416 338 7600.

myUHN says COVID-19 is “not detected”. What do I do?

Continue to self-isolate for at least 14 days from when your symptoms started AND until you are symptom-free for at least 48 hours. It is important to still stay at home and avoid non-essential contact with others. Even though your test says the virus was “not detected”, it is possible that you were tested early in your infection and could test positive later.

Your caregivers, household members, and close contacts do not need to self-isolate unless they have symptoms. If they have symptoms, they will also need to self-isolate for at least 14 days from when their symptoms started AND until they are symptom-free for at least 48 hours.

Where can I get more information on COVID-19 and self-isolation?

Please visit Toronto Public Health’s website for up-to-date COVID-19 materials: https://www.toronto.ca/home/covid-19/covid-19-health-advice/