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 when you get home
- How to check your test results
- What your test results mean and what you need to do
- Where to go for more information

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.
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.

For more information about self-isolation, see Toronto Public Health’s COVID-19 Health Advice website (https://www.toronto.ca/home/covid-19/covid-19-health-advice/).

How do I check my test result?

You can check your COVID-19 test result on the 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.

You need a unique registration code to sign up for myUHN Patient Portal. If you did not receive your code before you left, contact myUHN Support:

- Phone: 416 340 3777
- Email myUHN Patient Portal (myUHN@uhn.ca)

Note: myUHN office hours are Monday to Friday, 8:30 am to 5:00 pm.

What do my test results mean? What do I need to do?

What you need to do may depend on whether you have a health condition or take medication that weakens your immune system (such as if you are receiving chemotherapy to treat cancer). Talk to your doctor or health care team if you are not sure whether you have a weak immune system.

If you have a weak immune system, you must still follow the guidelines below. However, you must self-isolate for 20 days instead of 10 days.
My test results say “detected”.

This means you have tested positive for COVID-19.

<table>
<thead>
<tr>
<th>If you...</th>
<th>What to do...</th>
</tr>
</thead>
</table>
| Have symptoms:          | You must self-isolate for 10 days from the first day your symptoms started. You can stop self-isolating after 10 days if:  
                          |   - your fever has stopped on its own (you did not take medications for it)   
                          |         and                                                                   |
|                          |   - your symptoms have improved for at least 24 hours.                       |
|                         | If you still have a fever and any other symptoms, continue to self-isolate until your fever has stopped and your symptoms have improved for at least 24 hours. |
| Do not have symptoms:   | You must self-isolate for 10 days from the day you were tested.              |

Note: If you have tested positive for COVID-19, your close contacts need to self-isolate for 14 days from the last day they had contact with you. This includes people you had close contact with 2 days before your symptoms started. If you do not have symptoms, this includes people you had close contact with 2 days before you were tested. You are responsible for letting your close contacts know.
**My test results say “indeterminate”**.

This means your results were **not confirmed as positive or negative**. Your test will be treated as a positive or negative test depending on the following factors:

<table>
<thead>
<tr>
<th>If you...</th>
<th>What to do...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have symptoms:</td>
<td>Your test will be treated as a positive test. You <strong>must</strong> self-isolate for 10 days from the first day your symptoms started.</td>
</tr>
<tr>
<td>Had close contact with someone who has COVID-19:</td>
<td>Your test will be treated as a positive test. You <strong>must</strong> self-isolate for 10 days from the day you had close contact with the person who has COVID-19.</td>
</tr>
<tr>
<td>Do <strong>not</strong> have symptoms and were <strong>not</strong> in close contact with someone who has COVID-19:</td>
<td>Continue to self-isolate for at least 24 hours to make sure you do not develop symptoms. For more information about how to prevent the spread of COVID-19, visit the Toronto Public Health’s <a href="https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-reduce-virus-spread/">Reduce Virus Spread</a> webpage.</td>
</tr>
</tbody>
</table>
**My test results say “not detected”**.

This means you have tested **negative** for COVID-19. 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.

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</tr>
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<tr>
<td>Have symptoms:</td>
<td>Continue to self-isolate until you do not have symptoms for 24 hours. It is important to still stay at home and avoid non-essential contact with others. The Connected COVID Care Clinic may book an appointment with you to follow up.</td>
</tr>
<tr>
<td>Had close contact with someone who has COVID-19:</td>
<td>You <strong>must</strong> self-isolate for 14 days from the last day you had close contact with the person who has COVID-19. Continue to monitor for symptoms.</td>
</tr>
<tr>
<td>Do <strong>not</strong> have symptoms and were <strong>not</strong> in close contact with someone who has COVID-19:</td>
<td>Continue to monitor for symptoms and follow physical distancing guidelines. For more information about how to prevent the spread of COVID-19, visit the Toronto Public Health’s <a href="https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-reduce-virus-spread/">Reduce Virus Spread</a> webpage.</td>
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**What are COVID-19 symptoms?**

Symptoms can include fever, cough, difficulty breathing, sore throat, runny nose, loss of taste or smell, nausea, vomiting, diarrhea and difficulty swallowing.

For more information, visit the Toronto Public Health’s [Have Symptoms or Been Exposed](https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/covid-19-have-symptoms-or-been-exposed/) webpage.
When do I get my test result? Who will follow up with me?

You will receive your results as soon as they are ready. This could take several days. The Connected COVID Care Virtual Clinic will call you if:

- you test positive for COVID-19,
- you have symptoms of COVID-19, or
- you were in close contact with someone who has COVID-19.

Where can I find my test results?

You can get your results online through the myUHN Patient Portal (http://www.myuhn.ca) 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 cannot release this information over the phone.

I have tested negative for COVID-19. Why do I have an appointment with the Connected COVID Care Clinic?

Based on your symptoms when you were tested, the Connected COVID Care Clinic may call you to book a follow up appointment.

- A health care provider will check how you are doing and provide you with information on what to do next.
- A team member from the clinic may call you the day before to remind you of your appointment time.

You will be able to see your Connected COVID Care Clinic appointment in your myUHN Patient Portal account.
What is considered close contact?

Close contact is when you have been in close physical contact with someone who has tested positive for or has symptoms of COVID-19 within the last 14 days. This includes:

- people living in the same home
- people who were closer than than 2 metres (6 feet) away from you for more than 15 minutes
- people that you may have worked or socialized with

What is considered essential contact?

Essential contact is going to see your health care provider. Any other contact with other people is considered non-essential. You should not leave your house except to see your health care provider.

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

If you have symptoms of COVID-19, the people you live with and your close contacts will also need to self-isolate for 14 days from the last day they had contact with you.

This includes people you had close contact with 2 days before your symptoms started and while you are sick.

- For example: If your symptoms started on August 3, anyone you were in close contact with starting on August 1 must also self-isolate for 14 days from the last day they had contact with you.

When can I return to work?

You can return to work once you have followed the appropriate self-isolation guidelines based on your test results. These guidelines can be found in the What do my test results mean? What do I need to do? section of this brochure. You do not need a negative test to return to work.

**Note:** If you are a health care worker, you may need to follow more specific guidelines at your workplace.

Where can I get more information?

- Visit the City of Toronto’s COVID-19 website (https://www.toronto.ca/home/covid-19) for up-to-date COVID-19 information.
- Visit UHN’s COVID-19 webpage (https://www.uhn.ca/covid19) for up-to-date information about UHN policies.